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Build A Dream Scholarship Program

Arlington Parks and Recreation Department's Build A Dream Scholarship Program offers scholarships that can be used to register a child (16 years or younger) for any Arlington Parks Department youth program. Qualification for the scholarship is based upon federal income guidelines. Available to Arlington residents only.

Applications are made at the Parks and Recreation administrative office. Income verification, registration for classes and a \$5 fee will be required at the time of application. Watch the website for the next application date.

Applications will be accepted on February 16, 2010 from 8:00am-5:00pm at 717 W. Main. Persons having received a Build a Dream Scholarship in August 2009 are not eligible. Please complete the entire application & Manual Registration Form with your class selections prior to submissions. Incomplete

submissions cannot be processed.

INCOME ELIGIBILITY

Household	Annual Income
members	Less Than
2	\$26,400
3	\$29,700
4	\$33,000
5	\$35,650
6	\$38,300
7	\$40,900
8	\$43,550

FORMS OF DOCUMENTATION ACCEPTED TO VERIFY ANNUAL INCOME

2008 Federal Income Tax Return, current pay stub or an award letter for governmental assistance. AISD free and reduced lunch letters are not accepted.

The Build A Dream application form and guidelines are available at

www.naturallyfun.org and your closest recreation center.

Sample Class **Art Classes Beginning Drawing** Drawing begins with using shapes, shading and texture. Come see how! \$35/4 Classes Age: 6 and up 5:00pm-6:00pm Jun 9 DLRC 89183 DLRC 5:00pm-6:00pm 89184 Jul 7 6 7 8 5 **Section Title** Note: **Class Title** Classes begin on **Class Description** the start date and meet the same day Day of the week consecutively for **Start Date** the number of

Bar code number used to identify class.

Class Time

Class Location

How to Read

Class Information:



classes indicated.

For more information or to apply visit the Parks and Recreation administrative office at 717 W. Main St. or call 817-459-5474 for information.

Registration

Registration

Registration is on a first come, first serve basis. Many classes have limited spaces available. It is to your advantage to register as early as possible.

You may register on-line at www.naturallyfun.org, by phone or in person at the Parks Administrative office or any recreation center and at the tennis center.

Online and phone registrations are payable by credit card only. We take Discover, Visa, Mastercard and American Express. Checks should be made payable to "City of Arlington." A charge will be assessed on all returned checks.

The City of Arlington Parks and Recreation Department occasionally sells advertisements in this publication. Any paid advertisements appearing in this publication do not indicate a connection, endorsement or official sanction by the City of Arlington of any practice, philosophy, standard, position, product or service of the advertisers.

Smile, you may be captured by our camera! The Parks and Recreation Department routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facilities, you are granting the City of Arlington and its agents the right to use and publish your image or your minor child's image, and that no monetary remuneration will be given.





Waiting Lists

When a student is interested in registering for a class that has been filled, his/her name can be placed on a waiting list. This does not guarantee a spot for the student, but individuals will be contacted if a spot becomes available.

Books and Supplies

Books and supplies are not included as part of the class fee unless stated in the class description.

Cancelled Classes / Sessions

If a class / session is cancelled, every effort will be made to notify parents/students by telephone prior to the first class meeting.

Facility Cards

Facility Cards are required for participation in all classes and programs at recreation centers. This ID card is issued at the time of purchase and is valid for one year from date of purchase.

	Resident	Non-Resident
Youth (17 & under)	\$12	\$20
Adult (18 – 54)	\$14	\$32
Senior (55 & up)	\$12	\$20

Note: Residency is defined as living within the City of Arlington's incorporated city limits. Proof of residency is required. Facility cards are not required for participants in programs and services at the tennis center or golf courses.

Daily/Guest Pass

Residents and non-residents may purchase a Day Pass at the recreation centers for \$6. No Facility Card is required with a Day Pass. Valid picture ID is required.

Satisfaction Guaranteed

We value you as a customer. If you are not happy with the quality of a program, please tell staff at the facility immediately so that we have the opportunity to correct the situation.

Special Accommodations

The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate together in our wide variety of quality recreational opportunities. We comply with the Americans with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations need to complete a Special Accommodations Request Form in addition to the Program Participant Information Sheet. To make a request, contact the Parks and Recreation Administrative Office at 817-459-5474. We will make every effort to accommodate special needs requests.

Facility Map

Parks and Recreation

1. Administrative Office

717 W. Main St. 76013 Phone: 817-459-5474 Fax: 817-459-5495 M-F 8am-5pm

Park Pavilion Rentals: 817-459-5473 Youth Field Rentals: 817-459-5416 Adult Softball Field Rentals: 817-459-5463

Recreation Facilities

1. Cliff Nelson Recreation Center (CNRC)

4600 W. Bardin Road 76017 Phone: 817-561-2819

M-F 6am-9pm, Sat 9am-7pm, Sun 12-6pm

2. Dottie Lynn Recreation Center (DLRC)

3200 Norwood Lane 76013 Phone: 817-277-5001

M-F 8am-9pm. Sat 9am-5pm. Sun Closed

3. Elzie Odom Recreation Center (EORC)

1601 NE Green Oaks Blvd. 76006

Phone: 817-459-6434

M-F 6am-9pm, Sat 8am-6pm, Sun 12-6pm

4. Hugh Smith Recreation Center (HSRC)

1815 New York Ave. 76010 Phone: 817-275-1351

MWF 6:30am-9pm, Tu Th 8am-9pm,

Sat 9am-6pm, Sun Closed

4. Senior Recreation Center New York (SRCNY)

2015 Craig Hanking Drive 76010

Phone: 817-460-5009

M-F 8:30am-4pm, Sat & Sun Closed

5. Meadowbrook Recreation Center (MRC)

1400 Dugan 76010 Phone: 817-459-5463

M-F 8am-6pm, Sat 12-5pm, Sun Closed

6. Senior Recreation Center Eunice (SRCE)

1000 Eunice St. 76010 Phone: 817-277-8091

M Th F 8:30am-10pm, T W 8:30am-5pm,

Sat & Sun Closed

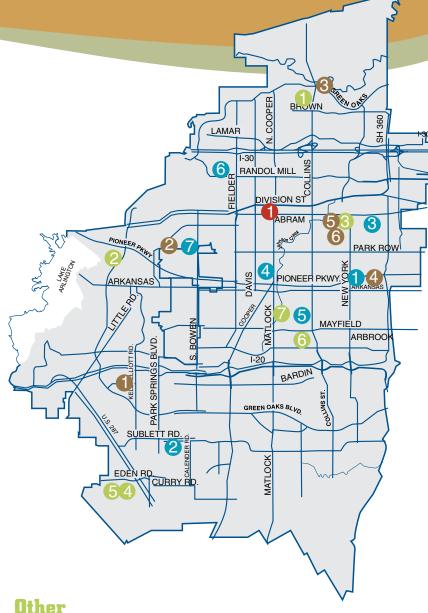
Aquatics

Outdoor Pools: 817-459-5483

- 1. Hugh Smith Indoor Pool
- 2. Bad Königshofen Family Aquatic Center
- 3. Helen Wessler Play Pool
- 4. Howard Moore Play Pool
- 5. Allen Bolden Pool
- 6. Randol Mill Family Aquatic Center
- 7. Woodland West Pool

Athletics

Adult Sports: 817-459-5463 Adult Softball Rainout: 817-462-3471 Youth Sports: 817-459-6434 Youth Sports Rainout: 817-459-6697



1. Chester W. Ditto Golf Course 801 W. Brown Blvd. 76011 817-275-5941

2. Lake Arlington Golf Course 1516 W. Green Oaks Blvd. 76013 817-451-6101

3. Meadowbrook Golf Course 1300 E. Dugan St. 76010 817-275-0221

4. Tierra Verde Golf Club 7005 Golf Club Drive 76001 817-478-8500

5. Ventana Grille 7005 Golf Club Drive 76001 817-548-5047

6. Arlington Tennis Center 500 W. Mayfield Road 76014 817-459-6163 Program status (Rain): 817-459-6166 M-Th 8am-9pm, F 8am-8pm, Sat 8am-5pm, Sun 12-8pm

7. Bob Duncan Center 2800 S. Center St. 76014 817-465-6661

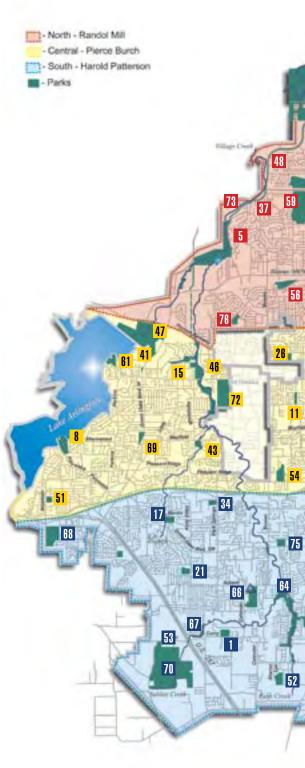
How are we doing?

Email us your comments, questions or concerns at parksdepartment@arlingtontx.gov

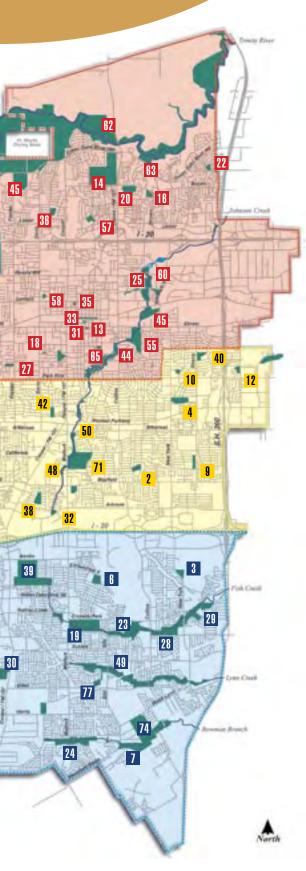


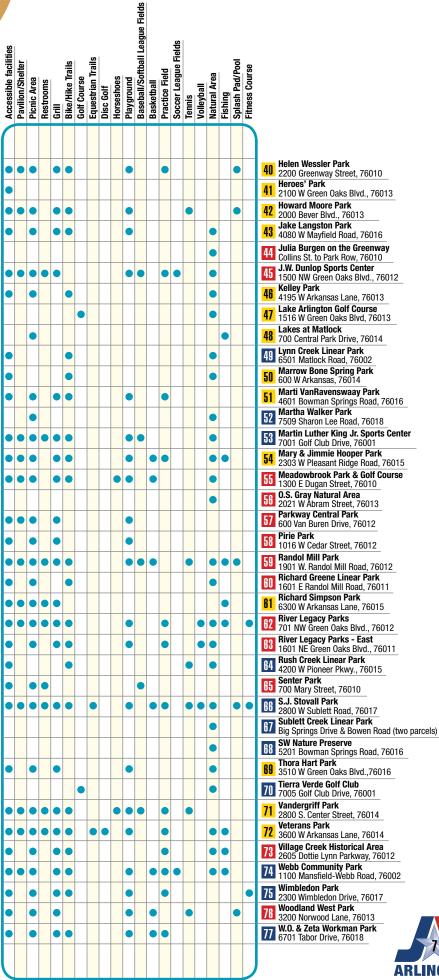
Playground Baseball/Softball League Fields Basketball Volleyball Natural Area Fishing Splash Pad/Pool Fitness Course **Equestrian Trails** Disc Golf Allan Saxe Park 3501 Curry Road, 76017 . **B.C. Barnes Park** 3000 Daniel Drive, 76014 Blackland Prairie 4907 New York Ave., 76018 Bob Cooke Park 2025 Craig Hanking Drive, 76010 . . **Bob Findlay Linear Park** 900 Findlay Drive, 76012 . Bob McFarland Park 410 E. Embercrest Drive, 76018 . . . Bowman Branch Linear Park South Matlock Road, 76002 Bowman Springs Park 7003 W. Poly Webb Road, 76016 **Brantley Hinshaw Park** . 2121 Overbrook Drive, 76014 **Burl L. Wilkes Park** 1300 Hillcrest Drive, 76010 California Lane Park 2001 California Lane, 76015 1200 Susan Drive, 76010 Carl Knox, Jr. Park . **Center Street Trail Connection** From Randol Mill Rd. to South St. Chester W. Ditto Golf Course 801 Brown Blvd, 76001 Clarence Foster Park 15 . 4400 Woodland Park Blvd., 76013 Clarence Thompson Park 1600 Brown Blvd., 76011 Cliff Nelson Park 4600 W Bardin Road, 76017 . College Hills Park 151 University Drive, 76013 Cravens Park 400 Cravens Park Drive, 76002 Crystal Canyon Natural Area 1000 Brown Blvd., 76006 Deaver Park 5800 Kelly Elliott Road, 76017 Dixon W. Holman Park . 2409 Burney Place, 76011 Dog Park - Tails N Trails 900 SE Green Oaks Blvd, 76018 Don Misenhimer Park 201 E Lonesome Dove Trail, 76002 • • Dr. Robert Cluck Linear Park Randol Mill Rd. to Sanford St. 25 **Duncan Robinson Park** 2100 W Tucker Blvd, 76013 **26** Fielder Park 1100 S Fielder Road, 76013 Fish Creek Linear Park Including Cravens Park, 76018 Fish Creek Neighborhood Park 2121 Havenwood Drive, 76018 F.J. 'Red' Kane Park 6500 S Cooper Street, 76001 . Founders Plaza / Levitt Pavilion 100 W Abram Street, 76010 **Gateway Park** 815 Arbrook Blvd, 76014 Gene Allen Park 121 W Main Street, 76010 Gene Schrickel, Jr. Park 4500 Park Springs Blvd, 76017 . **George Stevens Park** 400 W Sanford Street, 76012 **Gibbins Park** . 2101 Margaret Drive, 76012 Green Oaks Blvd./ Rush-Village Creek Trail Connection From River Legacy Parks South to Bob Findlay Linear Park H.A.D. Dunsworth Park . 1100 Waverly Drive, 76015 Harold Patterson Sports Center 1000 W Bardin Road, 76017

Arlington Parks



Conveniences & Activities





Advertising / Speakers Bureau

Speakers Bureau

Need a speaker for an upcoming event?

Want to learn more about projects and opportunities at Arlington Parks & Recreation?



Then call us today to schedule a presentation! Our professional staff is available to speak on a variety of topics ranging from park development plans to volunteer opportunities to environmental stewardship.





Each presentation lasts approximately 30 minutes and can be amended to accommodate group requirements.

For more information on the Arlington Parks and Recreation Speakers Bureau, call 817-459-5474 or email parksdepartment@arlingtontx.gov.

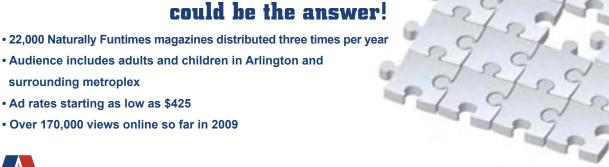


Missing a piece advertising

puzzle?

If so, our **Naturally Funtimes Magazine** could be the answer!

- surrounding metroplex





Swimming

Welcome to the Learn to Swim Program

The City of Arlington's Learn to Swim program offers prospective swimmers of all ages the opportunity to enjoy swim lessons on weekends and weeknights! Weekend classes are offered Saturdays and Sundays over a period of ten

weeks. Weekday lessons are on Monday and Wednesdays or Tuesday and Thursdays and run for five weeks. Our Learn to Swim program includes parent/tot, preschool and Red Cross certified swimming classes. We also offer private lessons for all ages. For more information or to register for the City of Arlington's Learn to Swim program, please call **Hugh Smith Indoor Pool at 817-275-0513**.

Level 1 - Water Exploration

Students will be taught beginning skills such as fully submerging face in water and retrieving objects, front and back floats, moving comfortably through water and entering and exiting water independently. Excellent class for those who have had little exposure to the water.

Prerequisite: None.

Age: 6-1	2		\$56 / 10) Classes
Sa	Jan 9	9:00am-9:25am	HSRC	120133
Sa	Jan 9	9:45am-10:10am	HSRC	120134
Sa	Jan 9	10:30am-10:55am	HSRC	120135
Su	Jan 10	1:00pm-1:25pm	HSRC	120136
Su	Jan 10	2:00pm-2:25pm	HSRC	120137
M, W	Jan 18	8:00pm-8:25pm	HSRC	120138
Tu, Th	Jan 19	7:30pm-7:55pm	HSRC	120139
M, W	Feb 22	8:00pm-8:25pm	HSRC	120140
M, W	Apr 5	8:00pm-8:25pm	HSRC	120141
			\$45 / 8	3 Classes
Sa	Mar 20	9:00am-9:25am	HSRC	120142
Sa	Mar 20	9:45am-10:10am	HSRC	120143
Sa	Mar 20	11:00am-11:25am	HSRC	120144
Su	Mar 21	12:00pm-12:25pm	HSRC	120145
Su	Mar 21	1:30pm-1:55pm	HSRC	120146

Level 2 - Primary Skills

Level 2 gives participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. Participants begin true locomotion skills and continue exploring simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Prerequisite: Level 1 Completion/Skill Level

2		\$56 / 10	Classes
Jan 9	9:00am-9:40am	HSRC	120073
Jan 9	9:30am-10:10am	HSRC	120074
Jan 9	11:30am-12:10pm	HSRC	120075
Jan 10	12:00pm-12:40pm	HSRC	120076
Jan 10	1:45pm-2:25pm	HSRC	120077
Jan 19	8:00pm-8:40pm	HSRC	120078
Feb 23	8:00pm-8:40pm	HSRC	120079
Apr 5	8:00pm-8:40pm	HSRC	120080
		\$45 / 8	Classes
Mar 20	9:30am-10:10am	HSRC	120081
Mar 20	10:15am-10:55am	HSRC	120082
Mar 20	11:30am-12:10pm	HSRC	120083
Mar 21	12:30pm-1:10pm	HSRC	120084
Mar 21	2:00pm-2:40pm	HSRC	120085
	Jan 9 Jan 9 Jan 9 Jan 10 Jan 10 Jan 19 Feb 23 Apr 5 Mar 20 Mar 20 Mar 20 Mar 21	Jan 9 9:00am-9:40am Jan 9 9:30am-10:10am Jan 9 11:30am-12:10pm Jan 10 12:00pm-12:40pm Jan 10 1:45pm-2:25pm Jan 19 8:00pm-8:40pm Feb 23 8:00pm-8:40pm Apr 5 8:00pm-8:40pm Mar 20 9:30am-10:10am Mar 20 10:15am-10:55am Mar 20 11:30am-12:10pm Mar 21 12:30pm-1:10pm	Jan 9 9:00am-9:40am HSRC Jan 9 9:30am-10:10am HSRC Jan 9 11:30am-12:10pm HSRC Jan 10 12:00pm-12:40pm HSRC Jan 10 1:45pm-2:25pm HSRC Jan 19 8:00pm-8:40pm HSRC Feb 23 8:00pm-8:40pm HSRC Apr 5 8:00pm-8:40pm HSRC Mar 20 9:30am-10:10am HSRC Mar 20 10:15am-10:55am HSRC Mar 20 11:30am-12:10pm HSRC Mar 21 12:30pm-1:10pm HSRC

Level 3 - Stroke Readiness

Level 3 teaches the survival float, the elementary backstroke and to coordinate the front crawl, the scissor kick and dolphin kick. The class also builds on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.

Prerequisite: Level 2 Completion/Skill Level

Age: 6-1	2		\$56 / 10	Classes
Sa	Jan 9	9:45am-10:25am	HSRC	120123
Su	Jan 10	12:00pm-12:40pm	HSRC	120124
Tu, Th	Jan 19	8:00pm-8:40pm	HSRC	120125
M,W	Feb 22	8:00pm-8:40pm	HSRC	120126
Tu, Th	Apr 6	8:00pm-8:40pm	HSRC	120127
			\$45 / 8	Classes
Sa	Mar 20	9:00am-9:40am	HSRC	120128
Sa Sa	Mar 20 Mar 20	9:00am-9:40am 10:15am-10:55am		120128 120129
			HSRC	
Sa	Mar 20	10:15am-10:55am	HSRC HSRC	120129
Sa Sa	Mar 20 Mar 20	10:15am-10:55am 12:00pm-12:40pm	HSRC HSRC HSRC	120129 120130

Level 4 - Stroke Development

Level 4 develops confidence in the strokes learned thus far and improves other aquatic skills by swimming familiar strokes (front crawl and elementary backstroke) for greater distances. Students also continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in Level 4, as well as the basics of turning at a wall.

Prerequisite: Level 3 Completion/Skill Level

Age: 6-	12		\$56 / 10	Classes
Sa	Jan 9	9:00am-9:40am	HSRC	120147
Sa	Jan 9	11:00am-11:40am	HSRC	120148
Su	Jan 10	1:00pm-1:40pm	HSRC	120149
M,W	Jan 18	8:00pm-8:40pm	HSRC	120150
Tu, Th	Apr 6	8:00pm- 8:40pm	HSRC	120151
		, ,	\$45 / 8	3 Classes
Sa	Mar 20	9:00am-9:40am	HSRC	120152
Sa	Mar 20	11:00am-11:40am	HSRC	120153
Su	Mar 21	12:45pm-1:25pm	HSRC	120154

Facility Cards required for all indoor swim classes.



Swimming



Level 5 - Stroke Refinement

Level 5 refines participants' performance of all the strokes (front crawl, back crawl, butterfly, breastroke, elementary backstroke and sidestroke) and increase the distance they are swimming. Flip turns on the front and back are also introduced.

Prerequisite: Level 4 Completion/Skill Level

Age: 6-12			\$56 / 10) Classes
Sa	Jan 9	10:15am-10:55am	HSRC	120155
			\$45 / 8	Classes
Sa	Mar 20	9:45am-10:25am	HSRC	120156

Private Swim Lessons

Mini Session

One-on-one instruction provides the fastest progress possible due to the undivided attention of the instructor and individual lessons planned to meet that student's needs.

Age: 1 and up		\$60 / 4 Classes
Jan 11-14	8:00pm-8:25pm	119923
Jan 11-14	8:30pm-8:55pm	119926
May 10-13	8:00pm-8:25pm	119971
May 10-13	8:30pm-8:55pm	119972

Starfish - Indoor Pool

One parent or trusted adult along with the instructor teaches your child fun and fitness while learning water adjustment, games, songs, swimming skills, and safety in and out of the pool. Child must wear swim diaper and bathing suit. Facility card required for child.

A 00: 6	ma 25 ma		\$56 / 10	Classes
Age. o	Age: 6 mo35 mo.			Classes
Sa	Jan 9	10:00am-10:25am	HSRC	119985
Sa	Jan 9	11:45am-12:10pm	HSRC	119986
Su	Jan 10	12:30pm-12:55pm	HSRC	119987
			\$45 / 8	Classes
Sa	Mar 20	10:00am-10:25am	HSRC	119988
Sa	Mar 20	11:30am-11:55am	HSRC	120029
Su	Mar 21	1:00nm-1:25nm	HSRC	119989

Tadpole

This class encourages children to become comfortable in the water without a parent. Children enhance learning with interactive games and songs. Participants learn to blow bubbles in the water, how to float, and basic arm movement.

Age: 3			\$56 / 10	Classes
Sa	Jan 9	10:30am-10:55am	HSRC	120023
Sa	Jan 9	11:15am-11:40am	HSRC	120024
Su	Jan 10	1:30pm-1:55pm	HSRC	120025
Tu, Th	Feb 23	7:00pm-7:25pm	HSRC	120026
			\$45 / 8	Classes
Sa	Mar 20	10:30am-10:55am	HSRC	120027
Su	Mar 21	12:00pm-12:25pm	HSRC	120028



Clownfish PS1

This class is designed for our more timid preschool swimmers (4 & 5 years of age) who have never participated in swim lessons and do not possess a high comfort level in the water. This class will focus on helping your child establish independence in the water while beginning to build a basic foundation for swimming skills. Class size is limited to four students to allow individualized instruction.

Age: 4-5			\$56 / 10	Classes
Sa	Jan 9	9:30am-9:55am	HSRC	119979
Su	Jan 10	12:00pm-12:25pm	HSRC	119980
Tu, Th	Jan 19	7:00pm-7:25pm	HSRC	119981
Tu, Th	Apr 6	7:30pm-7:55pm	HSRC	120627
			\$45 / 8	Classes
Sa	Mar 20	9:00am-9:25am	HSRC	119982
Sa	Mar 20	12:00pm-12:25pm	HSRC	119983
Su	Mar 21	1:30pm-1:55pm	HSRC	119984



Learn to Swim

Dolphin PS2

For the 4-5 year old preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach and back. The class focuses on teaching your child front and back glides, propelling through the water with coordinated kicking and arm actions, holding breath for 5-10 seconds, retrieving objects off the bottom of the pool, rhythmic breathing and unassisted water entries and exits. **Prerequisite: Successful completion of Clownfish.**

Age: 4-	5		\$56 / 10	Classes
Sa	Jan 9	9:00am-9:25am	HSRC	119973
Sa	Jan 9	11:30am-11:55am	HSRC	119974
Su	Jan 10	2:00pm-2:25pm	HSRC	119975
Tu, Th	Feb 23	7:30pm-7:55pm	HSRC	119976
			\$45 / 8	Classes
Sa	Mar 20	9:30am-9:55am	HSRC	119977
Su	Mar 21	12:30pm-12:55pm	HSRC	119978

Whale PS3

For the 4-5 year old preschool swimmer who has had prior experience in the water. This class builds on the previous level to improve participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions. It also helps children gain basic swimming propulsive skills to be comfortable in and around water.

Prerequisite: Successful completion of Dolphin.

Age: 4-5			\$56 / 10	Classes
Sa	Jan 9	11:00am-11:25am	HSRC	120575
Su	Jan 10	1:00pm-1:25pm	HSRC	120577
M,W	Jan 18	8:30pm-8:55pm	HSRC	120573
Tu, Th	Apr 6	8:30pm-8:55pm	HSRC	120578
			\$45 / 8	Classes
Sa	Mar 20	11:00am-11:25am	HSRC	120574
Su	Mar 21	2:00pm-2:25pm	HSRC	120576

Beginning Swimming — Adult

Beginner level class introduces crawl stroke, gliding, kicks, deep water swimming and survival floating.

Age: 18 and up			\$56 / 10	Classes
M, W	Apr 5	8:30pm-9:10pm	HSRC	120158

Teen Swim Lessons

Designed for teens, 13-17, who have little or no knowledge of swimming or want to improve their swimming strokes. **Prerequisite: None.**

Age: 13-17			\$56 / 10	Classes
Tu, Th	Feb 23	8:00pm-8:40pm	HSRC	120157

Water Safety Instructor

Indoor Pool

Through classroom learning and hands on experience, the American Red Cross Water Safety Instructor Course will help you learn how to teach people of all ages to swim and to be safe in and around water. Participants must be at least 16 years old. Prerequisites: 25 yards Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke and 15 yards Butterfly. All strokes must be performed at Level 4 skill level. Attendance at all classes is required.

Age: 16 and up			\$245 / 4	Classes
W-Su	Mar 17	12:00pm-8:00pm	HSRC	119778



Lifeguard Training

Prerequisites: Must be at least 15 years old to enroll in this class and able to swim a total of 300 yards demonstrating freestyle and breaststroke. Must be able to swim 20 yds., submerge and retrieve a 10 lb. brick, return to the surface, swim 20 yds. back to the starting point within 1 minute 40 seconds. Candidates successfully completing the class will be certified in Lifeguarding, Standard First Aid and CPR for the Professional Rescuer. Learning Objectives: Recognize specific characteristic behaviors of distressed swimmers and active and passive drowning victims; recognize aquatic emergencies and act promptly and appropriately; perform equipment-based rescue skills and techniques used by professional lifeguards; recognize and care for possible spinal cord injuries; learn to provide first aid and CPR. Attendance at all classes is required.

Age: 15 and up			\$190 / 3	Classes
M-W	Mar 15	8:00am-10:00pm	HSRC	119773
F-Su	Apr 9	7:30pm-10:00pm	HSRC	119774



Swimming

Indoor Pool Memberships

Annual Swim Pass

\$90 ages 2-11, \$100 ages 12-54, \$85 ages 55 & up* Families who purchase three or more annual swim passes receive 20% off. To receive the discount, passes must be purchased in the same transaction.

Combo Pass

This pass is a monthly membership that gives you unlimited water and land aerobics classes, open/lap swim and weight room usage at Hugh Smith Recreation Center and Hugh Smith Indoor Pool. Cost: \$55 per month

Swim Punch System

\$20 - 8 punches, \$27 - 12 punches, \$48 - 24 punches

Pool/Weight Room Pass

Single: Monthly \$34, Annual \$200 Additional family members 20% off (Facility Card required)

*Senior rates already discounted, therefore 20% off additional family member does not apply.

Annual swim pass does not include admission to outdoor pools.

Water Aerobics

Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Low Level Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Deep Water Aqua Vest Exercise:

Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided.

Arthritis Aqua Exercise:

Program developed using Arthritis Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water.

\$5 - 1 class, \$30 - 8 classes, \$39 - 12 classes, \$69.60 - 24 classes

\$45 monthly unlimited land and water aerobic membership - see page 24. Facility Card required. Memberships good for one year. Free babysitting available.

All aqua classes accept pre- and postnatal students.

Based on the American College of Obstetrics and Gynecologists guidelines. Inform your instructor at the first class whether you are pre- or postnatal. Physician's consent required.

Have a Splashing Good Time and Rent a Pool for your Next Party!

Hugh Smith Indoor Pool is available to rent for private parties, family gatherings, etc. The availability of rental time depends upon the pool's operating hours. Lifeguards are provided for all rentals. To book the indoor pool, please call 817-275-0513. Rental fee of \$135 includes up to 40 people for two hours. A \$25 fee is added for each additional 40 people. One-hour increments may be added at half the total applicable rental fee. Seven days notice is required to book the indoor pool.

Daily Admission Fees

Free for ages two and under. \$3 ages 3-11 (Facility Card required) \$3.50 ages 12 & up (Facility Card required) \$6 guests (no Facility Card required)

Babysitting Times and Guidelines

Parents cannot leave the facility to run errands.

Parents must be actively participating in a class or the weight room at Hugh Smith while their child is in our care.

Children may not be left for more than one hour at a time.

Childcare providers do not change diapers. Please make sure that your child has a clean diaper before dropping him or her off. If your child needs a diaper changed while you are in fitness class or working out, staff will come and get you to attend to your child.

Please make sure that children are signed in and out of the childcare room.

M/W/F 8:15-11:30am M-Th 6-8pm

Family Night!

Friday nights at Hugh Smith Indoor Pool are Family Night Swim!

Start your weekend off right by spending a night at the pool with your family! Admission is \$2.50 per person between 6-8pm!

The MARS Foundation through the Make a Splash Arlington is offering Learn to Swim scholarships for low income families.

For application and more information please visit

www.marswim.org or call at Suzanne 214-793-4773.



Hugh Smith Indoor Pool

Spring Schedule – January-May

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aqua	Low Impact	Aqua	Low Impact	Aqua	Aqua	
8:30	Exercise	Aqua Exercise	Exercise	Aqua Exercise	Exercise	Exercise	
9:00	Aqua	Arthritis	Aqua	Arthritis	Aqua		
9:30	Exercise	Aqua Exercise & Lap Swim	Exercise	Aqua Exercise & Lap Swim	Exercise		
10:00							
10:30	(Se	eniors and adults	Open Swim with preschoolers	s under 5 years o	old)		
11:00							
11:30						Swim Lessons	
11:45	Lap Swim		Lap Swim		Lap Swim		
12:00		Lap Swim		Lap Swim			
12:15							
12:30	Arthritis Aqua Exercise		Arthritis Aqua Exercise		Arthritis		
12:45	Aqua Exercise		Aqua Exercise		Aqua Exercise		
1:00							Swim Lessons
1:15							
1:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
2:00						0 0 :	
2:30						Open Swim	
3:00 3:30			Closed				
4:00							Open Swim
4:30							
5:00			Swim Team				
5:30						Lap Swim	
6:00		Aqua Exercise		Aqua Exercise			
6:30	Lap Swim	& Lap Swim	Lap Swim	& Lap Swim			Private Rentals
7:00		Deep Water		Deep Water	Family Night	Private	Nentais
7:30	Aqua Exercise	Aqua & Lessons	Aqua Exercise	Aqua & Lessons		Rentals	
8:00		Curim I	ossons		Privato		
8:30		Swim Lessons Private Rentals					





Cartooning

Draw your own cartoons! You will learn how to draw facial expressions, movement and word balloons.

Age: 6-12		\$35	/ month	
M	Jan 4	6:00pm-7:00pm	DLRC	121323
M	Feb 1	6:00pm-7:00pm	DLRC	121324
M	Mar 1	6:00pm-7:00pm	DLRC	121325
M	Apr 5	6:00pm-7:00pm	DLRC	121326



Clay Creations

Bring your imagination to life as you sculpt an assortment of animals and people out of clay. We will use modeling clay, play dough, homemade clay and much more. Prepare to get messy in this hands-on experience!

Age: 6-12			\$32	/ month
M	Jan 4	6:00pm-6:50pm	DLRC	123529
M	Feb 1	6:00pm-6:50pm	DLRC	123530
M	Mar 1	6:00pm-6:50pm	DLRC	123531
M	Apr 5	6:00pm-6:50pm	DLRC	123532

Beginning Drawing

Drawing begins with using shapes, shading and texture. Come see how!

Age: 6 and up			\$35	/ month
W	Jan 6	5:00pm-6:00pm	DLRC	121133
W	Feb 3	5:00pm-6:00pm	DLRC	121134
W	Mar 3	5:00pm-6:00pm	DLRC	121135
W	Apr 7	5:00pm-6:00pm	DLRC	121136

Advanced Drawing

Create drawings using advanced mediums like charcoal, pastels and more. Projects are continuously updated. Beginning Drawing is recommended.

Age:	6 and up		\$35	/ month
W	Jan 6	5:00pm-6:00pm	DLRC	121133
W	Feb 3	5:00pm-6:00pm	DLRC	121134
W	Mar 3	5:00pm-6:00pm	DLRC	121135
W	Apr 7	5:00pm-6:00pm	DLRC	121136

Drawing for Fun

Learn the basics using shapes, lines, shadows and textures with both pencil and color.

Age: 6-12			\$30	0 / month
M	Jan 4	6:10pm-7:00pm	HSRC	120923
M	Feb 1	6:10pm-7:00pm	HSRC	120924
M	Mar 1	6:10pm-7:00pm	HSRC	120925
M	Apr 5	6:10pm-7:00pm	HSRC	120926

Krafty Kids

Come join us for creative FUN! Use your hands and imagination to create a variety of messy crafts! Please wear old clothes.

Age: 3-5			\$30	/ month
W	Jan 6	11:00am-11:30am	DLRC	120927
W	Jan 6	6:00pm-6:30pm	HSRC	120933
W	Feb 3	11:00am-11:30am	DLRC	120928
W	Feb 3	6:00pm-6:30pm	HSRC	120934
Sa	Feb 6	11:00am-11:30am	HSRC	121251
W	Mar 3	11:00am-11:30am	DLRC	120930
W	Mar 3	6:00pm-6:30pm	HSRC	120935
Sa	Mar 6	11:00am-11:30am	HSRC	121252
Sa	Apr 3	11:00am-11:30am	HSRC	121253
W	Apr 7	11:00am-11:30am	DLRC	120931
W	Apr 7	6:00pm-6:30pm	HSRC	120936

Note: Dates listed are session starting dates.



Messy Marvins

Come enjoy a class where it's okay for everyone to be messy. We will get our hands involved in all types of craft projects. This is a parent participation class. Please wear old clothes.

Age: 2-3			\$30	/ month
M	Jan 4	5:30pm-6:00pm	HSRC	120948
Tu	Jan 5	10:30am-11:00am	DLRC	120937
M	Feb 1	5:30pm-6:00pm	HSRC	120949
Tu	Feb 2	10:30am-11:00am	DLRC	120938
Tu	Feb 2	10:30am-11:00am	DLRC	120939
Sa	Feb 6	11:45am-12:15pm	HSRC	121254
M	Mar 1	5:30pm- 6:00pm	HSRC	120950
Sa	Mar 6	11:45am-12:15pm	HSRC	121255
Sa	Apr 3	11:45am-12:15pm	HSRC	121256
M	Apr 5	5:30pm-6:00pm	HSRC	120951
Tu	Apr 6	10:30am-11:00am	DLRC	120940



Ocey-Gooey Art

Clay play, finger paints, Plaster of Paris, papier mache and all things ooey and gooey. Parents must stay for the fun. Projects are different from those in Messy Marvins. Please wear old clothes.

Age: 2-3			\$30	/ month
M	Jan 4	10:00am-10:30am	DLRC	121340
Sa	Jan 9	9:30am-10:00am	CNRC	122302
M	Feb 1	10:00am-10:30am	DLRC	121341
Sa	Feb 6	9:30am-10:00am	CNRC	122303
M	Mar 1	10:00am-10:30am	DLRC	121342
Sa	Mar 6	9:30am-10:00am	CNRC	122304
M	Apr 5	10:00am-10:30am	DLRC	121343
Sa	Apr 10	9:30am-10:00am	CNRC	122305



We will learn about mixing color, brush techniques, composition and much more! It is time to experiment with acrylic and watercolor in fun ways! Old clothes recommended.

Age:	6 and up	\$60 / month	
M	Jan 4	7:00pm-8:00pm	CNRC 122306
W	Jan 6	6:00pm-7:00pm	DLRC 121345
M	Feb 1	7:00pm-8:00pm	CNRC 122307
W	Feb 3	6:00pm-7:00pm	DLRC 121346
M	Mar 1	7:00pm-8:00pm	CNRC 122308
W	Mar 3	6:00pm-7:00pm	DLRC 121347
M	Apr 5	7:00pm-8:00pm	CNRC 122309
W	Apr 7	6:00pm-7:00pm	DLRC 121348

Poet's Paradise

Poet's Paradise provides opportunities for writing and sharing with other participants as well as guidance in the art and craft of poetry. We will study basic forms of poetry.

Age: 8	-15		\$30 / 4	4 Classes
Th	Jan 7	7:10pm-8:10pm	HSRC	122845
Th	Feb 4	7:10pm-8:10pm	HSRC	122846
Th	Mar 4	7:10pm-8:10pm	HSRC	122847
Th	Apr 8	7:10pm-8:10pm	HSRC	122852





Dance Showcase

Experience the World of Dance

Starting in January your child can build their skills in a fun, healthy and exciting class that meets weekly throughout the Spring session.

Your dancer will showerse their talent during our annual recital on May 13, 2010.

Showcase includes:

- Costume
- Spring Dance Classes
- Recital/Reception
- 4 invitations to recital

(additional available for a minimal cost)

Payment Options:

One Time Payment - \$200 or 3 installments of \$70 each. Due the first week of class in January, February and March. Dancers must be enrolled for the entire Spring Session of classes. Non-showcase dance classes are listed on page 18.



Dance

Showcase Classes

All Dance Showcase classes have a tuition of \$200 which covers January - May.

Ballet & Tap - Preschool

Beginning

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 3-5

Jan 7	5:00pm-5:50pm	CNRC	119079
Jan 7	5:00pm-5:50pm	DLRC	119082
Jan 9	9:30am-10:20am	DLRC	119080
Jan 9	9:00am-9:50am	CNRC	122379
Feb 4	5:00pm-5:50pm	DLRC	119083
Feb 4	5:00pm-5:50pm	CNRC	122376
Feb 6	9:30am-10:20am	DLRC	119081
Feb 6	9:00am-9:50am	CNRC	122380
Mar 4	5:00pm-5:50pm	DLRC	119087
Mar 4	5:00pm-5:50pm	CNRC	122377
Mar 6	9:30am-10:20am	DLRC	119084
Mar 6	9:00am-9:50am	CNRC	122381
Apr 8	5:00pm-5:50pm	DLRC	119088
Apr 8	5:00pm-5:50pm	CNRC	122378
Apr 10	9:00am-9:50am	CNRC	122382
Apr 10	9:30am-10:20am	DLRC	119085
	Jan 7 Jan 9 Jan 9 Feb 4 Feb 6 Feb 6 Mar 4 Mar 4 Mar 6 Mar 6 Apr 8 Apr 8 Apr 10	Jan 7 5:00pm-5:50pm Jan 9 9:30am-10:20am Jan 9 9:00am-9:50am Feb 4 5:00pm-5:50pm Feb 6 9:30am-10:20am Feb 6 9:00am-9:50am Mar 4 5:00pm-5:50pm Mar 4 5:00pm-5:50pm Mar 4 5:00pm-5:50pm Mar 6 9:30am-10:20am Mar 6 9:00am-9:50am Apr 8 5:00pm-5:50pm Apr 8 5:00pm-5:50pm Apr 10 9:00am-9:50am	Jan 7 5:00pm-5:50pm DLRC Jan 9 9:30am-10:20am DLRC Jan 9 9:00am-9:50am CNRC Feb 4 5:00pm-5:50pm DLRC Feb 4 5:00pm-5:50pm CNRC Feb 6 9:30am-10:20am DLRC Feb 6 9:00am-9:50am CNRC Mar 4 5:00pm-5:50pm DLRC Mar 4 5:00pm-5:50pm CNRC Mar 6 9:30am-10:20am DLRC Mar 6 9:00am-9:50am CNRC Apr 8 5:00pm-5:50pm DLRC Apr 8 5:00pm-5:50pm CNRC Apr 10 9:00am-9:50am CNRC

Intermediate

Improve on beginning skills and learn intermediate forms.

Age: 3-5

Sa	Jan 9	11:30am-12:20pm	DLRC	121142
Sa	Feb 6	11:30am-12:20pm	DLRC	121143
Sa	Mar 6	11:30am-12:20pm	DLRC	121144
Sa	Apr 10	11:30am-12:20pm	DLRC	121145

Classical Ballet - Preschool

Learn grace, coordination, balance and strength while learning ballet positions, jumps and combinations. Ballet shoes required.

Age: 3-5

Th	Jan 7	4:00pm-4:50pm	DLRC	121161
Th	Feb 4	4:00pm-4:50pm	DLRC	121162
Th	Mar 4	4:00pm-4:50pm	DLRC	121163
Th	Apr 8	4:00pm-4:50pm	DLRC	121164

Jazz - Elementary Showcase

If you're looking for the class that really moves, here it is! Students will be taught jazz squares, leaps, attitudes and combination steps.

Age: 6-12

W	Jan 6	6:00pm-6:50pm	CNRC	122294
W	Feb 3	6:00pm-6:50pm	CNRC	122295
W	Mar 3	6:00pm-6:50pm	CNRC	122296
W	Apr 7	6:00pm-6:50pm	CNRC	122297



Ballet & Tap - Elementary

Beginning

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 6-12

90. 0				
Th	Jan 7	6:00pm-6:50pm	CNRC	122364
Sa	Jan 9	10:30am-11:20am	DLRC	121138
Sa	Jan 9	10:00am-10:50am	CNRC	122372
Th	Feb 4	6:00pm-6:50pm	CNRC	122365
Sa	Feb 6	10:00am-10:50am	CNRC	122373
Sa	Feb 6	10:30am-11:20am	DLRC	121139
Th	Mar 4	6:00pm-6:50pm	CNRC	122366
Sa	Mar 6	10:00am-10:50am	CNRC	122374
Sa	Mar 6	10:30am-11:20am	DLRC	121140
Th	Apr 8	6:00pm-6:50pm	CNRC	122371
Sa	Apr 10	10:00am-10:50am	CNRC	122375
Sa	Apr 10	10:30am-11:20am	DLRC	121141

Intermediate

Improve on beginning skills and learn intermediate forms. Ballet and Tap shoes required.

Age: 6-12

Age. u	nge. 0-12						
Sa	Jan 9	12:30pm-1:20pm	DLRC	121146			
Sa	Feb 6	12:30pm-1:20pm	DLRC	121147			
Sa	Mar 6	12:30pm-1:20pm	DLRC	121148			
Sa	Apr 10	12:30nm_1:20nm	DI BC	1211/0			







Dance

Non-Recital

Ballet & Tap - Preschool

This is an ongoing class that anyone can join at any time. This is a great tester class to see how your child likes dance.

Age: 3-5		\$30) / Month	
Sa	Jan 9	10:30am-11:20am	EORC	122973
Sa	Jan 9	11:00am-11:50am	CNRC	122383
Sa	Feb 6	10:30am-11:20am	EORC	122974
Sa	Feb 6	11:00am-11:50am	CNRC	122773
Sa	Mar 6	10:30am-11:20am	EORC	122975
Sa	Mar 6	11:00am-11:50am	CNRC	122774
Sa	Mar 6	10:30am-11:20am	EORC	122976
Sa	Apr 10	11:00am-11:50am	CNRC	122775
Sa	May 1	10:30am-11:20am	EORC	122977

Ballet & Tap - Elementary

Learn beginning classical ballet and tap. Class devotes equal time to both styles of dance. Ballet and tap shoes required.

Age: 6-	12		\$30	/ Month
Sa	Jan 9	11:30am-12:20pm	EORC	122978
Sa	Jan 9	12:00pm-12:50pm	CNRC	122776
Sa	Feb 6	11:30am-12:20pm	EORC	122979
Sa	Feb 6	12:00pm-12:50pm	CNRC	122777
Sa	Mar 6	11:30 am-12:20pm	EORC	122980
Sa	Mar 6	12:00 pm-12:50pm	CNRC	122778
Sa	Apr 10	11:30 am-12:20pm	EORC	122981
Sa	Apr 10	12:00pm-12:50pm	CNRC	122779
Sa	May 1	11:30am-12:20pm	EORC	122982

Jazz - Elementary

If you're looking for the class that really moves, here it is! Students will be taught jazz squares, leaps, attitudes and combination steps.

Age: 6-12			\$30	/ Month
W	Jan 6	4:30pm-5:20pm	CNRC	122298
W	Feb 3	4:30pm-5:20pm	CNRC	122299
W	Mar 3	4:30pm-5:20pm	CNRC	122300
W	Apr 7	4:30pm-5:20pm	CNRC	122301

Hip Hop Dance Class

Have a great time learning Hip Hop dance! Learn all the latest and hottest dance steps. It's a great workout too!

Age: 8-17			\$3	0 / Month
Tu	Jan 5	5:00pm-5:50pm	CNRC	122290
Tu	Feb 2	5:00pm-5:50pm	CNRC	122291
Tu	Mar 2	5:00pm-5:50pm	CNRC	122292
Tu	Apr 6	5:00pm-5:50pm	CNRC	122293

Jo-Ann's Little Dancers

Enrollment is ongoing for this new dance program offered to you at CNRC & HSRC. We have partnered with Jo-Ann's Little Dancers to offer a great program to your preschooler to learn the art of ballet and tap. For more information or to register for this program please contact Jo-Ann Ingram at 817-498-8616.

Age:	3-5		
M	Jan 4	5:30pm-6:15pm	HSRC
F	Jan 8	6:00pm-6:45pm	HSRC
F	Jan 8	12:00pm-12:45pm	CNRC
Age:	6-12		
F	Jan 8	6:45pm-7:30pm	HSRC

Ballroom Dance

Join us for a night of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Merengue. Instructors: Peggy & Chuck Keim.

Fees: \$29/individual or \$55/couple.

Age: 18	and up Jan 6	7:00pm-8:00pm	CNRC	120973
W	Feb 24	7:00pm-8:00pm	CNRC	120974
Advanced Age: 18 and up 6 Classes				
•	•			6 Classes
W	Jan 6	8:00pm-9:00pm	CNRC	125423
W	Feb 24	8:00pm-9:00pm	CNRC	120976

Country & Western Dance

Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schothissche, Texas Polka and Line dance. Instructors: Peggy & Chuck Keim.

Fees: \$29/individual or \$55/couple.

Age: '	Age: 18 and up					
M	Jan 4	8:00pm-9:00pm	CNRC	122093		
M	Feb 22	8:00pm-9:00pm	CNRC	122094		
M	Apr 12	8:00pm-9:00pm	CNRC	122095		

Beginning Belly Dancing

Join this 8-week class which concentrates on a specific branch of American Tribal Dance. The class will include technique and an in-depth lesson.

Age: 1 Tu Tu	16 and up Jan 12 Mar 16	7:30pm-8:15pm 7:30pm-8:15pm	\$40 / 8 EORC EORC	Classes 121472 121473
	ediate 16 and up Jan 12 Mar 16	8:15pm-9:00pm 8:15pm-9:00pm	\$40 / 8 EORC EORC	Classes 122126 122127









Music Classes

Guitar Level 1

Learn basic guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8 aı	nd up		\$52 / 8	Classes
Tu	Jan 5	7:30pm-8:20pm	CNRC	122273
Th	Jan 7	6:00pm-6:50pm	DLRC	116188
F	Jan 8	7:30pm-8:00pm	HSRC	123073
Sa	Jan 9	1:00pm-1:50pm	CNRC	122275
W	Jan 13	6:00pm-6:50pm	EORC	121553
F	Feb 5	7:30pm-8:00pm	HSRC	123074
Tu	Feb 16	7:30pm-8:20pm	CNRC	122274
Sa	Feb 20	1:00pm-1:50pm	CNRC	122276
Th	Mar 4	6:00pm-6:50pm	DLRC	116190
F	Mar 12	7:30pm-8:00pm	HSRC	123075
Tu	Apr 6	7:30pm-8:20pm	CNRC	122277
W	Apr 7	6:00pm-6:50pm	EORC	121554

Guitar Level 2

Continue to learn guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8 and up		\$52 / 8	Classes	
Th	Jan 7	7:00pm-7:50pm	DLRC	121333
Th	Mar 4	7:00pm-7:50pm	DLRC	121334

Beginning Piano Private Lessons

Learn piano basics including form, technique and reading music in a private class that works at the speed and skill level of each individual student. Students learn on a full size, weighted key digital piano.

Classes are held at Dottie Lynn Recreation Center on Friday afternoons and Saturdays from 9am-1pm in 30 minute sessions.

\$52 / Month. Call 817-277-5001 for more information!

817-277-5001

Keyboarding - Level A

This class will be taught using an electric keyboard. Learn beginning skills: notes and their time values, fingering, simple songs, etc. Fee includes piano book. A keyboard or piano for home practice is recommended.

Age: 6-1	5		\$45 / 4	Classes
Tu	Jan 5	6:30pm-7:30pm	DLRC	125773
Th	Jan 7	7:10pm-8:00pm	HSRC	120952
F	Jan 8	7:10pm-8:00pm	CNRC	122780
Sa	Jan 9	9:10am-10:00am	HSRC	120953
Tu	Feb 2	6:30pm-7:30pm	DLRC	125774
Th	Feb 4	7:10pm-8:00pm	HSRC	120954
F	Feb 5	7:10pm-8:00pm	CNRC	122786
Sa	Feb 6	9:10am-10:00am	HSRC	120955
Tu	Mar 2	6:30pm-7:30pm	DLRC	125775
Th	Mar 4	7:10pm-8:00pm	HSRC	120956
F	Mar 5	7:10pm-8:00pm	CNRC	122788
Sa	Mar 6	9:10am-10:00am	HSRC	120957
Tu	Apr 6	6:30pm-7:30pm	DLRC	125776
Th	Apr 8	7:10pm-8:00pm	HSRC	120958
F	Apr 9	7:10pm-8:00pm	CNRC	122787
Sa	Apr 10	9:10am-10:00am	HSRC	120959
Tu	May 4	6:30pm-7:30pm	DLRC	125777



Keyboarding - Level B

Age: 6-15		\$45 / 4	Classes	
Sa	Jan 9	10:10am-11:00am	HSRC	120961
Sa	Feb 6	10:10am-11:00am	HSRC	120962
Sa	Mar 6	10:10am-11:00am	HSRC	120963
Sa	Apr 10	10:10am-11:00am	HSRC	120964

Keyboarding - Level C

Age:	6-15		\$45 / 4	Classes
Sa	Jan 9	11:10am-12:00pm	HSRC	120966
Sa	Feb 6	11:10am-12:00pm	HSRC	120967
Sa	Mar 6	11:10am-12:00pm	HSRC	120968
Sa	Apr 10	11:10am-12:00pm	HSRC	120969



Beginning Percussion

Open to students with little or no previous percussion training. Note-reading and basic percussion playing techniques will be taught. Students should bring their own drum sticks to class each week.

Age: 7 and up		\$69 / 6 (Classes	
W	Jan 13	7:00pm-7:50pm	EORC	121551
W	Apr 7	7:00pm-7:50pm	EORC	121552

Music, Motion & Movement

Let's get into motion and cause some commotion! Clapping, rolling and dancing to music are great ways to begin developing coordination, rhythm and other fine motor skills. Toddlers love it! Parent must attend and participate throughout the program.

Age: 1-3			\$30 / 4	Classes
Tu	Jan 5	9:30am-10:00am	DLRC	121335
Tu	Feb 2	9:30am-10:00am	DLRC	121336
Tu	Mar 2	9:30am-10:00am	DLRC	121337
Tu	Apr 6	9:30am-10:00am	DLRC	121338



Shake, Rattle & Grow

Bring your toddler to this fast movin', music playin', toe tappin' class. Class will concentrate on movement, rhythm and interaction with you and other participants in the class. We will involve colors, bubbles, musical instruments and well known upbeat music that will get everyone movin' and groovin'. Parents must attend and participate throughout the program.

Age: 1-3		\$30 / 4	Classes	
Th	Jan 7	11:00am-11:30am	DLRC	121350
Th	Feb 4	11:00am-11:30am	DLRC	121351
Th	Mar 4	11:00am-11:30am	DLRC	121352
Th	Apr 8	11:00am-11:30am	DLRC	121354



Super Singers

Love to sing? Check out this class where we will learn the Do Re Mi's of music. We will learn to vocalize and read music.

Age:	6-12		\$3	5 / Month
Th	Jan 7	5:00pm- 6:00pm	CNRC	122331
Th	Feb 4	5:00pm-6:00pm	CNRC	122332
Th	Mar 4	5:00pm-6:00pm	CNRC	122333
Th	Apr 8	5:00pm-6:00pm	CNRC	122334







Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room skating and rock climbing at EORC.

Cliff Nelson Recreation Center

Age: 14 and up		
M	8:15am-9:15am	Fit Over 50
M	9:30am-10:30am	Cardio Step
M	10:30am-11:30am	Low Impact
M	6:00pm-7:00pm	Cardio Step
Tu	10:00am-11:00am	Kickboxing
Tu	11:00am-12:00pm	Sculpt & Tone
Tu	6:00pm-7:00pm	Zumba
Tu	6:00pm-7:15pm	Yoga
Tu	7:00pm-8:00pm	Boot Camp
W	8:15am-9:15am	Fit Over 50
W	9:30am-10:30am	Cardio Step
W	10:30am-11:30am	Low Impact
W	5:30pm-6:30pm	Mat Pilates
W	6:00pm-7:00pm	Cardio Step
Th	10:00am-11:00am	Kickboxing
Th	11:00am-12:00pm	Sculpt & Tone
Th	6:00pm-7:00pm	Zumba
Th	6:00pm-7:15pm	Yoga
Th	7:00pm-8:00pm	Boot Camp
Th	7:30pm-8:30pm	Fitness Belly Dancing
F	8:15am-9:15am	Fit Over 50
F	9:30am-10:30am	Cardio Step
F	10:30am-11:30am	Low Impact
F	5:30pm-6:30pm	Mat Pilates

Dottie Lynn Recreation Center

Age: 14 and up		
M	7:00am-8:00am	Yoga
M	8:15am-9:15am	Zumba
M	9:30am-10:30am	Piyo
M	12:00pm-12:40pm	Bootcamp
M	6:15pm-7:15pm	Bootcamp
Tu	8:00am-9:00am	Senior Exercise
Tu	9:30am-10:30am	Yoga
Tu	12:00pm-12:30pm	n Tai Chi
Tu	5:30pm-6:30pm	Yoga
Tu	6:30pm-7:30pm	Zumba
W	7:00am-8:00am	Yoga
W	8:15am-9:15am	Zumba
W	9:15am-10:15am	Yoga
W	6:30pm-7:30pm	Aerobics
W	12:00pm-12:40pm	n Bootcamp
Th	8:00am-9:00am	Senior Exercise
Th	9:30am-10:30am	Yoga
Th	12:00pm-12:30pm	n Tai Chi
Th	5:30pm-6:30pm	Mat Pilates
Th	6:30pm-7:30pm	Aerobics
Th	7:30pm-8:30pm	Fitness Belly Dancing
Th	7:30pm-8:30pm	Yoga
F	7:00am-8:00am	Yoga
F	8:15am-9:15am	Zumba
F	9:30am-10:30am	Piyo
Sa	9:30am-10:30am	Aerobics

Elzie Odom Recreation Center

Age: 14 and up	
M	6:00am-6:45am Total Body Conditioning
M	5:45pm-6:30pm Body "Booty" Camp
M	6:30pm-7:30pm Step & Body Sculpting
Tu	6:00pm-6:30pm Strength & Tone
Tu	6:30pm-7:30pm Instructor's Choice
Tu, Th	7:00pm-9:00pm Integral Tai Chi
W	6:00am-6:50am Body "Booty" Camp
W	6:00pm-6:20pm Core Abs & Legs Cond.
W	6:30pm-7:30pm Step
Th	6:00pm-6:20pm Abs Attack
Th	6:30pm-7:30pm Instructor's Choice
Sa	9:00am-10:00am Step & Conditioning
Sa	10:00am-10:30am Strength & Tone

Hugh Smith Recreation Center

Age: 14 and up)	
M	9:30am-10:30am	Step Aerobics
M	10:30am-11:30am	Pilates
W	9:30am-10:30am	Step Aerobics
W	10:30am-11:30am	Pilates
W	7:00pm-8:00pm	Yoga
F	9:30am-10:30am	Step Aerobics
F	10:30am-11:30am	Pilates

Class Descriptions

Boot Camp

Need to get in shape? Boot Camp can help you do that! This class is open to all body types and will help you focus on your personal goals while sharing the experience with others!

Integral Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

Kickboxing

Learn kickboxing basics. This class is a great fitness workout. Classes are non-contact. This class is on-going and you may sign up at any time.

For mature adult fitness classes 57.



Fitness Plus Membership

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room, inline skating and rock climbing at EORC.

Mat Pilates

Mat Pilates is a great exercise to tone your body and to improve your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness will also be emphasized.

PiYo

PiYo is a fusion style, flexibility work-out combining Pilates, Yoga, dance and strength.

Sculpting & Toning

This overall body conditioning class is designed to increase strength and sculpt and tone all major muscle groups. Participants will learn proper form with use of free weights, body weight and band exercises.

Senior Cardio

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of this class.

Senior Exercise

This group exercise class for seniors includes flexibility, balance and strength training done to big band and swing music. Participants learn proper technique in use of free weights, bands and tubes.

Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

Yoga

Yoga is a complete toning of the whole body. You can benefit from yoga exercises, breathing techniques and relaxation positions. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

Zumba

A blend of Latin Rhythms and easy to follow dance moves. This low impact class features routines with interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Fitness Rooms Memberships (Facility Card required for all fitness room passes)

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

Cliff Nelson, Dottie Lynn, Hugh Smith, Meadowbrook

Age: 14 and up	
Daily with Facility Card	\$3
Daily without Facility Card	\$6
Monthly	\$15
Annual Annual	\$150
Senior Monthly*	\$12
Senior 6-Month*	\$60
SeniorAnnual*	\$120

Child Care & Babysitting: Ages 3 months and up CNRC DLRC

M, W, F	8:30am-11:30am	1 1	Л, W, F	8:30am-10:30am
Tu, Th	8:30am-11:00am	1	u, Th	5:30pm-7:30pm
Tu, Th	5:30pm-8:00pm	l N	Л, W	6:30pm-8:00pm
M, W	5:30pm-7:30pm			

HSRC: M, W, F 8:30am-11:30am; M-Th 6:00pm-8:00pm; T-Th 11:00am-12:00pm, Sa 9:00am-11:30pm

Elzie Odom Recreation Center

Age: 14 and up	
Daily with Facility Card	6.0
Daily without Facility Card	
Monthly	
6-Month	
Annual	\$200
Additional Family Members	*20% off
Basketball / Track	\$10 / month or \$100 / year
Senior Monthly	\$12
Senior 6-Month	\$60
Senior Annual	\$120

Child Care & Babysitting: Ages 2 and up

M-Th 6:00pm - 9:00pm EORC

Additional family members receive a 20% discount off any annual fitness membership when purchased at the same time.



Fitness Classes

Every Body Boot Camp

Need to get in shape? Every 'Body' Boot Camp can help you do that! This class is open to all body types and will help you focus on your personal goals while sharing the experience with others!

Age: 18 and up \$150 / 30 Classes

Tu, Th, Sa Jan 5 6:00am-7:00am EORC 121476 Tu, Th, Sa Mar 30 6:00am-7:00am EORC 121477



Personal Trainer

Certified personal trainers are available for one-on-one instruction for all ages and skill levels. Arrange times between the instructor and student. Call the center where you wish to participate. Facility Card and Fitness Room Membership required.

One person, Two people,	one session	\$175 \$65
January 9th	11:00am-12:00pm	DLRC
March 27th	11:00am-12:00pm	DLRC

For more fitness classes see the Mature Adult section on page 57.

Stroller Strides

Get fit and healthy with the nation's premiere prenatal postpartum fitness class for moms. Any level exerciser is guaranteed to get a great workout. Join us in the hour long class that combines power-walking with strength training, core work, and stretching, all while your baby has fun in the stroller. The babies are entertained during class through songs and games.

Classes are held at River Legacy Park, Veterans Park, Stovall Park and Cliff Nelson Park. For more information or to register, contact Maggie Grayson at 800-964-1676 or maggiegrayson@strollerstrides.com or visit www.strollerstrides.com

Pregnant moms and new moms (6 weeks postpartum or more) are always welcome!

Toddler Yoga

Join us for relaxation and flexibility exercises with your toddler. Yoga will help release stress on mom and improve both mother's and child's sleeping habit. It is also a great way to bond with your child.

Age: 2-6			\$40 / 4	Classes
F	Jan 8	10:45am-11:30am	DLRC	121647
F	Feb 5	10:45am-11:30am	DLRC	121648
F	Mar 5	10:45am-11:30am	DLRC	121649
F	Apr 9	10:45am-11:30am	DLRC	121650

SRCE Weight Room Memberships and Hours

¢12

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Annual	\$120
Monthly Matinee hour special Mon-Fri,	
Day passes available.	
SRCE	
M, Th, F	8:30am-10:00pm
Tu, W	8:30am-5:00pm
SRCNY (HSRC)	
M-F	8:30am-9:00pm
Sa	9:00am-6:00pm

Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at Hugh Smith Indoor Pool) and fitness room. Ages 14 and up, \$45 / month.



Monthly

Adult Softball Field Rentals

Need a great location for your big family get-together?

Is your team ready to take on the world, or at least anyone in the Metroplex?

Tired of listening to the tall tales from co-workers about their weekend games?

Rent out a softball field complex for a gathering, tournament or corporate event!







Rental Fees (lights are additional): Saturday rate \$350 (8:00 am - 8:00 pm) field prep included. Lights \$75 (per hour per field).

Deposits: Complex Rental \$100 per event.

Rental groups may seek permit approval for alcohol at least 30 days in advance of the event.

No pets are allowed inside the softball complex or on the athletic fields – City Ordinance # 5.05 (A) (5).

Call 817-459-5463 to set up a reservation today!

Adult Sports Leagues



Basketball

The City of Arlington offers adult basketball during the winter, spring, summer and fall seasons. The 8-game leagues are played at Elzie Odom Recreation Center in north Arlington or at Meadowbrook Recreation Center in central Arlington. League play includes Men's Competitive, Men's Recreational and Women's divisions.



Volleyball

The City of Arlington sponsored adult volleyball program offers women's and coed leagues. Women's leagues are offered on Monday and Tuesday. Coed leagues are offered on Thursday and Sunday nights. Leagues are offered during the winter, spring, summer and fall seasons.

Women's Young 2 Old Recreational: This Division is for Women ages 14 and up. Perfect for the Mom and Daughter or the Youth group. This is a great opportunity for the beginner with those anxious to have fun.



Flag Football

The City of Arlington's Men's Adult summer season Flag Football leagues are offered during the spring, winter, summer and fall seasons. Games are played at Harold Patterson Sports Complex in south Arlington on Sunday afternoons or Monday evenings.



Inline Hockey

The City of Arlington offers Adult Inline Hockey Leagues for Men ages 18 & up. Each season consists of 8 games plus playoffs. All teams must provide their own uniforms and game equipment (H.E.C.C. Certified Helmet, Hockey Gloves, Skates and Shin Pads). Leagues will follow the rules and regulations set by the City of Arlington Parks and Recreation Department and USA Hockey.





Adult Softball Program

Harold Patterson Sports ASA Leagues

Located in South Arlington off I-20 and Bardin Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

Randol Mill Park USSSA Leagues

Located in north Arlington off I-30 and Randol Mill Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.





Wondering if your scheduled league game is rained out? Call our adult rainout line at 817-462-3471.



Spotlight on Sports



Spotlight Coach Tanya Hazen

Tanya Hazen began participating in our youth sports programs while coaching her boys in soccer. The parents on her team asked about adult sports and she suggested they participate in the Sunday Adult Volleyball Program. Tonya and the parents began the team called Spikers. The first season was a tremendous success. The following season Tonya added two more teams plus a Thursday night team. Tonya now has 3 Sunday teams, a Thursday team, a Monday night Co-Ed softball team and a Thursday night Men's Softball team. Thanks, Tonya for all you do for our Athletic Programs in Arlington.

Spotlight Team "So Fresh So Fleam"

So Fresh So Clean was selected by staff members as the "Spotlight Team" based on the teams attitude, friendliness and sportsmanship. The team arrives early each week before their softball game, giving them plenty of time to warm up and visit with other teams. The team focus is more on playing the game than what is on the scoreboard. Don't get us wrong, they are a great team and have an outstanding record. They just love to recreate and have fun doing it! The Athletics Division is pleased to have So Fresh So Clean as our Spotlight Team! Way to go guys & gals!



Top row L-R: Baldemar Estrella 3B #12, Ysmelle "El Capitan" Cucuta P #21, Danny Joe Cucuta LF #24, Miguel "Big Papa" Palos OF #69, Francisco Reyes SS #20, Nick Alvarado OF #26 Front row L-R: Tammara Houston 1B #05, Brianna Vavra OF #13, Samantha Reyes C #10, Lucy Benavides 2B #6, Leslie Alvarado EH #3 not pictured: Allison "Ally" Manning OF #14, Manuel Reyes EH #29





Youth Sports Leagues



For more information on Youth Leagues call 817-459-6434 or visit us on the web at www.sportstandings.com/arlingtonyouth.

Spring 2010 Youth Leagues

T-Ball

Registration: February 1 -28 Season Begins: March 20

Game Location: Harold Patterson Sports Center

Ages: 3-6 \$70 / 8 games

Barcode: 123327

Coach Pitch Baseball

Registration: February 1 - 28 Season Begins: March 20

Game Location: Harold Patterson Sports Center

\$70 / 8 games Ages: 7-8

Barcode: 123327

Outdoor Soccer

Registration: February 1 - 28 Season Begins: March 20

Game Location: North and South Arlington

Ages: 3-12 \$65 / 8 matches

Barcode: 117973

Kickball

Registration: February 1 - 28 Season Begins: March 20

Game Location: Harold Patterson Sports Center

Ages: 5-12 \$25 / 8 games

Barcode: 123373

Steps to become a youth sports coach!

- Contact Athletics Staff at 817-459-6434
- Pick a sport you love
- Fill out an application (background checks are completed on all applicants)
- Submit a copy of your driver's license

All coaches meetings will be held at Meadowbrook **Recreation Center!**

Summer 2010 Youth Leagues

Youth Baskethall

Registration: April 1 - 30 Season Begins: June 19

Game Location: Elzie Odom Recreation Center

Ages: 3-12 \$65 / 8 games

Barcode: 123423

Cheerleading

Registration: April 1 - 30 Season Begins: June 19

Game Location: Elzie Odom Recreation Center

\$80 / 8 games Ages: 6-12

Barcode: 123430

Indoor Soccer

Registration: April 1 - 30 Season Begins: June 19

Game Location: Elzie Odom Recreation Center

Ages: 3-12 \$65 / 8 games

Barcode: 123436

T-Ball

Registration: April 1 - 30 Season Begins: June 19

Game Location: Harold Patterson Sports Complex

\$70 / 8 games Ages: 3-6

Barcode: 123442

Coach Pitch

Registration: April 1 - 30 Season Begins: June 19

Game Location: Harold Patterson Sports Complex

\$70 / 8 games Ages: 7-8

Barcode: 123442



Wondering if your scheduled league game is rained out? Call our youth rainout line at 817-459-6697.



Youth Sports Clinics



Soccer - Ball Control

Players will learn to control the ball with both feet and move about the field comfortably. Focus will be placed on dribbling, receiving and trapping the ball.

Age: 5-12 \$15 / 1 Class Sa Mar 13 9:00am-10:00am EORC 125073

Soccer - Offense/Defense

Players will focus on defensive techniques such as man-toman, zone, combination coverage, team passing and receiving. Players will focus on teamwork and strategies.

Age: 5-12 \$15 / 1 Class Sa Mar 13 10:00am-11:00am EORC 125074



Volleyball Skills

Learn how to play organized volleyball and improve your skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, offense/defense, set calling, and teamwork.

Age: 8-12 \$15 / 1 Class Sa Mar 13 10:00am-11:00am EORC 126523

T-Ball - Coach/Pitch

Clinic will focus on t-ball and coach pitch skills such as fielding, batting and proper throwing techniques. Participants should bring a glove and bat; all other equipment will be provided.

Age: 5-8 \$15 / 1 Class
Sa Mar 13 9:00am-10:00am EORC 126429

Basketball Skills Drills & Technique

This basketball clinic will focus on basketball skills in the areas of shooting, passing, ball-handling, rebounding, defense, conditioning and a whole lot more. During the clinic you will be able to focus on developing your individual skills in these areas.

Age: 6-12 \$15 / 1 Class Sa Mar 13 9:00am-10:00am EORC 126524

Basketball Skills Offense/Defense

This basketball clinic will teach basic offensive and defensive strategies. The clinic will focus on teaching the techniques of the man-to-man defense and various zone defenses. The clinic will also teach offensive tactics such as setting screens and the "pick and roll".

Age: 6-12 \$15 / 1 Class Sa Mar 13 10:00am-11:00am EORC 126525

Youth Sports League Information

- Facility Cards are required for all youth league registrations.
 Cards for league participants can be purchased at any recreation center for \$12 and are good for one year.
- Practices are determined by volunteer coaches and parents.
 Practices are usually held on a weeknight after 5 pm.
- We try to honor requests when forming teams, otherwise we group teams by zip codes and schools.
- All teams have volunteer coaches, call 817-459-6434 if you are interested in coaching.

All Youth Leagues Include:

Eight Game Season • League Shirts Individual Awards • Certified Officials

For more information on Youth Leagues call 817-459-6434.





Basketball

Participants will concentrate on the basics of the game. Learning passing, shooting, defense/offense drills and rebounding. Classes help children develop teamwork and listening skills.

Age: 3-4 M Tu M Tu Tu M Tu M Tu M Tu Tu Tu Tu Tu Tu	Jan 4 Jan 5 Feb 1 Feb 2 Feb 2 Mar 1 Mar 2 Apr 5 Apr 6 Apr 6	4:15pm-5:00pm 5:00pm-5:45pm 4:15pm-5:00pm 4:15pm-5:00pm 5:00pm-5:45pm 4:15pm-5:00pm 5:00pm-5:45pm 4:15pm-5:00pm 5:00pm-5:45pm	\$30 DLRC CNRC DLRC EORC CNRC DLRC CNRC DLRC EORC CNRC	0 / Month 116235 120977 116236 116232 120978 116237 120979 116238 116233 120980
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M	Feb 1	5:15pm-6:00pm	DLRC	121475
Tu	Feb 2	6:00pm-6:45pm	CNRC	120982
M	Mar 1	5:15pm-6:00pm	DLRC	121478
Tu	Mar 2	6:00pm-6:45pm	CNRC	120983
M	Apr 5	5:15pm-6:00pm	DLRC	121479
Tu	Apr 6	6:00pm-6:45pm	CNRC	120984
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Age: 7-8		6:15pm-7:00pm) / Month
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M Tu Th	Jan 4 Jan 5 Jan 7	6:10pm-7:00pm 5:00pm-5:45pm	DLRC HSRC CNRC	121480 119373 120985
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Archery

Students learn they must overcome distractions and obstacles, and have a plan of action. Archery provides a fundamental relaxation quality in that the archer must be focused on the immediate moment. Archery is a self-challenging and rewarding activity, blending physical and mental resources.

Age: 8 and up		\$50 / 4	Classes	
Sa	Jan 16	1:00pm-2:00pm	EORC	121484
Sa	Feb 20	1:00pm-2:00pm	EORC	121485
Sa	Apr 3	1:00pm-2:00pm	EORC	121486



Little Bitty Basketball

This class is designed to get your child into the game of basketball at an early age. Your child will learn basketball basics with a smaller ball and lowered hoops.

Age: 3-4			\$35 / 4	Classes
Tu	Feb 2	5:00pm-6:00pm	EORC	121548
W	Apr 7	6:00pm-7:00pm	EORC	121549

Football

Down, set, hut hut! Want to learn the basics of football? We'll teach you catching, receiving, punting and more. This is a non-contact class.

Age: 6	-12		\$35	/ Month
Th	Jan 7	5:00pm-5:50pm	CNRC	122232
Th	Feb 4	5:00pm-5:50pm	CNRC	122233
Th	Mar 4	5:00pm-5:50pm	CNRC	122234
Th	Apr 8	5:00pm-5:50pm	CNRC	122235



Beginning Soccer

Gain an understanding of the game. Emphasis is on improving individual skills including the correct way to dribble, pass and shoot.

Age: 3-4			\$30	/ Month
Sa	Jan 9	9:15am-10:00am	HSRC	121243
Sa	Jan 9	9:15am-10:00am	DLRC	121501
Sa	Jan 9	9:15am-10:00am	CNRC	121842
W	Feb 3	4:15pm-5:00pm	EORC	121503
Sa	Feb 6	9:15am-10:00am	HSRC	121244
Sa	Feb 6	9:15am-10:00am	DLRC	121507
Sa	Feb 6	9:15am-10:00am	CNRC	121843
Sa	Mar 6	9:15am-10:00am	HSRC	121245
Sa	Mar 6	9:15am-10:00am	DLRC	121508
Sa	Mar 6	9:15am-10:00am	CNRC	121844
Sa	Apr 3	9:15am-10:00am	HSRC	121246
W	Apr 7	4:15pm-5:00pm	EORC	121504
Sa	Apr 10	9:15am-10:00am	DLRC	121502
Sa	Apr 10	9:15am-10:00am	CNRC	121853
Age: 5-6			\$30	/ Month
Sa	Jan 9	10:15am-11:00am	HSRC	121247
Sa	Jan 9	10:15am-11:00am	DLRC	121518
Sa	Jan 9	11:15am-12:00pm	CNRC	121848
Sa	Feb 6	10:15am-11:00am	HSRC	121248
Sa	Feb 6	10:15am-11:00am	DLRC	121516
Sa	Feb 6	11:15am-12:00pm	CNRC	121849
Sa	Mar 6	10:15am-11:00am	HSRC	121249
Sa	Mar 6	10:15am-11:00am	DLRC	121519
Sa	Mar 6	11:15am-12:00pm	CNRC	121850
Sa	Apr 3	10:15am-11:00am	HSRC	121250
Sa	Apr 10	10:15am-11:00am	DLRC	121517
Sa	Apr 10	11:15am-12:00pm	CNRC	121852
Age: 7-8			\$30	/ Month
Sa	Jan 9	11:15am-12:00pm	DLRC	121523
Sa	Feb 6	11:15am-12:00pm	DLRC	121525
Sa	Mar 6	11:15am-12:00pm	DLRC	121529
Sa	Apr 10	11:15am-12:00pm	DLRC	121524
Age: 9-12	2		\$30	/ Month
Sa	Jan 9	12:15pm-1:00pm	DLRC	121530
Sa	Feb 6	12:15pm-1:00pm	DLRC	121531
Sa	Mar 6	12:15pm-1:00pm	DLRC	121532
Sa	Apr 10	12:15pm-1:00pm	DLRC	121533

Rock Climbing

Parent and Child

Is your child interested in rock climbing? This one hour program teaches parents the safety skills needed for their child to rock climb at EORC. Class fee includes the four week course and 4 day passes for future use. Registration covers one child and one adult. Parent must attend class with minor in order to sign the release form.

Age: 6 and up			\$35 / 4	Classes
Sa	Feb 6	9:00am-10:00am	EORC	121509

Beginner Rock Climbing

Experience something new! Your kids will learn about rock climbing equipment, safety and climbing techniques. Parents must be present to belay.

Age: 4-9			\$42 / 4	Classes
Th	Feb 4	5:00pm-6:00pm	EORC	121520
Th	Mar 4	5:00pm-6:00pm	EORC	121521
Age: 10-17				
Age: 10-	17		\$42 / 4	Classes
Age: 10- Th	17 Feb 4	6:00pm-7:00pm	\$42 / 4 EORC	Classes 121526
•		6:00pm-7:00pm 6:00pm-7:00pm	•	



Specialty

Beginner Fencing

The Olympic sport of Fencing is one of the oldest and most mentally stimulating forms of exercise. Fencing challenges both the player's body and mind and is suited for all ages and activity levels. Beginner Fencing is a 5 week class designed to train students in the elementary stages for the sport. You will learn about the different types of fencing, equipment, footwork and basic defenses. Students will have hands on contact and all practice equipment is provided during class. There is an additional equipment fee payable to the instructor at the beginning of the first day of each session. All equipment is provided.

Age: 6 and up			\$65 / 5	Classes
Su	Jan 10	2:00pm-3:00pm	CNRC	122223
Su	Feb 21	2:00pm-3:00pm	CNRC	122224
Su	Mar 28	2:00pm-3:00pm	CNRC	122225



Sports Explorers

This is a great class for parents who want to introduce their children to sports. Your child will be introduced to the basics of four sports which might include t-ball, basketball, soccer, tumbling and football. Sports vary by location. Preschool age courses are a great experience and will help children to develop teamwork, sharing and listening skills.

Age: 3-5			\$30	/ Month
Tu	Jan 5	5:30pm-6:15pm	DLRC	121610
Sa	Jan 9	10:15am-11:00am	CNRC	122318
Tu	Feb 2	5:30pm-6:15pm	DLRC	121612
Sa	Feb 6	10:15am-11:00am	CNRC	122319
Tu	Mar 2	5:30pm-6:15pm	DLRC	121613
Sa	Mar 6	10:15am-11:00am	CNRC	122320
Tu	Apr 6	5:30pm-6:15pm	DLRC	121614
Sa	Apr 10	10:15am-11:00am	CNRC	122321
Age: 5-6			\$30	/ Month
Sa	Jan 9	12:15pm-1:00pm	CNRC	122322
Sa	Feb 6	12:15pm-1:00pm	CNRC	122323
Sa	Mar 6	12:15pm-1:00pm	CNRC	122324
Sa	Apr 10	12:15pm-1:00pm	CNRC	122325

Sports 4 All

This class for ages 6-9 teaches the fundamentals of sports while stressing the importance of sportsmanship, teamwork and fair play. Participants will also gain self-confidence in their first sports abilities.

Age: 6-9			\$35 / 4	Classes
Tu	Feb 2	6:30pm-7:30pm	EORC	121534
Th	Apr 1	6:00pm-7:00pm	EORC	121535

Sports Girls Rule!

This unique class gives girls ages 6 to 9 a wonderful opportunity to experience the benefits of physical activity in a safe, supportive and fun atmosphere. They will explore their physical capability through a number of activities including basketball, soccer, frisbee and other games!

Age: 6-9			\$40 / 4	Classes
Sa	Mar 6	10:00am-11:00am	EORC	121536
Sa	Apr 3	1:00pm-2:00pm	EORC	121537

SportsMania School

Join us for some indoor and outdoor fun as we play soccer, basketball, frisbee, and baseball. Every two weeks we'll switch sports as we learn the skills and rules of each game, while competing in a fun, non-competitive atmosphere.

Age: 5-8			\$89 / 8	Classes
Sa	Mar 27	11:00am-12:00pm	EORC	121538

Sluggers T-Ball

Come learn the fundamentals of America's favorite pastime. Children learn the basics of throwing, catching and hitting the ball. The class helps to develop teamwork and listening skills.

Age: 3-4			\$30	/ Month
Th	Jan 7	4:15pm-5:00pm	DLRC	121600
Sa	Jan 9	9:30am-10:15am	CNRC	122314
Th	Feb 4	4:15pm-5:00pm	DLRC	121601
Sa	Feb 6	9:30am-10:15am	CNRC	122315
Th	Mar 4	4:15pm-5:00pm	DLRC	121602
Sa	Mar 6	9:30am-10:15am	CNRC	122316
Th	Apr 8	4:15pm-5:00pm	DLRC	121603
Sa	Apr 10	9:30am-10:15am	CNRC	122317
Age: 5-6			\$30	/ Month
Th	Jan 7	5:15pm-6:00pm	DLRC	121605
Th	Feb 4	5:15pm-6:00pm	DLRC	121606
Th	Mar 4	5:15pm-6:00pm	DLRC	121607
Th	Apr 8	5:15pm-6:00pm	DLRC	121608

Volleyball

Bump, Set, Spike! Learn how to serve the ball, use proper footwork and how to bump, set and spike the volleyball. Don't forget your knee pads.

Age: 8-14			\$35	5 / Month
Th	Jan 7	7:00pm-8:00pm	DLRC	121642
F	Jan 8	6:00pm-7:00pm	CNRC	122359
Th	Feb 4	7:00pm-8:00pm	DLRC	121643
F	Feb 5	6:00pm-7:00pm	CNRC	122360
Th	Mar 4	7:00pm-8:00pm	DLRC	121644
F	Mar 5	6:00pm-7:00pm	CNRC	122361
Th	Apr 8	7:00pm-8:00pm	DLRC	121645
F	Apr 9	6:00pm-7:00pm	CNRC	122362

Wrestling

Wrestling is one of the fastest growing sports in America! Get involved and learn how to take down your opponent, throw a half nelson and pin to win the match. Wrestling helps develop discipline and teaches the use of personal, physical and mental strength to win.

Age: 7-14			\$4	0 / Month
W	Jan 6	6:30pm- 7:30pm	HSRC	122848
W	Feb 3	6:30pm-7:30pm	HSRC	122849
W	Mar 3	6:30pm-7:30pm	HSRC	122850
W	Apr 7	6:30pm-7:30pm	HSRC	122851

Note: Dates listed are session starting dates.



Gymnastics / Cheer

Cheerleading

Cheerleading

Cheerleading is great fun and exercise. This class is designed to teach fundamentals of cheerleading including: jumps, cheers, chants, basic tumbling and routines. Cheerleading helps build stamina, flexibility, rhythm and confidence.

Age: 6-10			\$30) / Month
M	Jan 4	6:00pm-6:50pm	DLRC	121573
M	Jan 4	6:00pm-6:50pm	CNRC	122085
M	Feb 1	6:00pm-6:50pm	DLRC	121574
M	Feb 1	6:00pm-6:50pm	CNRC	122086
M	Mar 1	6:00pm-6:50pm	DLRC	121575
M	Mar 1	6:00pm-6:50pm	CNRC	122087
M	Apr 5	6:00pm-6:50pm	DLRC	121576
M	Apr 5	6:00pm-6:50pm	CNRC	122088

Gymnastics

Gymnastics 1

Gymnastics is a great class for developing balance, coordination, flexibility, muscular endurance and strength. This is a beginning class where participants will learn basic gymnastic skills.

Age: 6-12			/ Month
Jan 9	12:00pm-12:50pm	DLRC	121583
Jan 9	12:00pm-12:50pm	DLRC	121584
Jan 9	12:10pm-1:00pm	CNRC	122278
Feb 2	5:00pm-5:50pm	EORC	121512
Feb 6	12:10pm-1:00pm	CNRC	122279
Mar 2	5:00pm-5:50pm	EORC	121513
Mar 6	12:00pm-12:50pm	DLRC	121585
Mar 6	12:10pm-1:00pm	CNRC	122280
Apr 6	5:00pm-5:50pm	EORC	121514
Apr 10	12:00pm-12:50pm	DLRC	121586
Apr 10	12:10pm-1:00pm	CNRC	122281
	Jan 9 Jan 9 Jan 9 Feb 2 Feb 6 Mar 2 Mar 6 Mar 6 Apr 6 Apr 10	Jan 9 12:00pm-12:50pm Jan 9 12:00pm-12:50pm Jan 9 12:10pm-1:00pm Feb 2 5:00pm-5:50pm Feb 6 12:10pm-1:00pm Mar 2 5:00pm-5:50pm Mar 6 12:10pm-1:00pm Apr 6 5:00pm-5:50pm Apr 10 12:00pm-12:50pm	Jan 9 12:00pm-12:50pm DLRC Jan 9 12:00pm-12:50pm DLRC Jan 9 12:10pm-1:00pm CNRC Feb 2 5:00pm-5:50pm EORC Feb 6 12:10pm-1:00pm CNRC Mar 2 5:00pm-5:50pm EORC Mar 6 12:00pm-12:50pm DLRC Mar 6 12:10pm-1:00pm CNRC Apr 6 5:00pm-5:50pm EORC Apr 10 12:00pm-12:50pm DLRC

Gymnastics 2

A continuation of the gymnastics program, this class focuses on intermediate gymnastic skills while developing balance, coordination, flexibility, muscular endurance and strength. *Teacher approval through a skills test is required.

Age: 6	-12		\$30) / Month
Sa	Jan 9	1:00pm-1:50pm	DLRC	121588
Sa	Jan 9	1:10pm-2:00pm	CNRC	122282
Sa	Feb 6	1:00pm-1:50pm	DLRC	121589
Sa	Feb 6	1:10pm-2:00pm	CNRC	122283
Sa	Mar 6	1:00pm-1:50pm	DLRC	121590
Sa	Mar 6	1:10pm-2:00pm	CNRC	122284
Sa	Apr 10	1:00pm-1:50pm	DLRC	121591
Sa	Apr 10	1:10pm-2:00pm	CNRC	122285

See page 28 for information on our cheer squad.

Hip Hip Hooray

Two bits, four bits, six bits, a dollar... all for kiddos stand up and holler! Join us for a fun class for preschoolers who want to learn the basics of cheerleading.

Age: 4-6			\$30	0 / Month
M	Jan 4	5:00pm-5:50pm	DLRC	121578
M	Jan 4	5:00pm-5:50pm	CNRC	122286
M	Feb 1	5:00pm-5:50pm	DLRC	121579
M	Feb 1	5:00pm-5:50pm	CNRC	122287
M	Mar 1	5:00pm-5:50pm	DLRC	121580
M	Mar 1	5:00pm-5:50pm	CNRC	122288
M	Apr 5	5:00pm-5:50pm	DLRC	121581
M	Apr 5	5:00pm-5:50pm	CNRC	122289

Hop, Skip and Jump

Preschoolers and their parents will hop the day away. Activities include log rolls, bear crawls and more to help develop coordination, listening skills and social interaction.

Age: 2			\$30	/ Month
Sa	Jan 9	9:15am-9:45am	DLRC	121593
Sa	Feb 6	9:15am-9:45am	DLRC	121594
Sa	Mar 6	9:15am-9:45am	DLRC	121595
Sa	Apr 10	9·15am-9·45am	DLRC	121596

Tumbling Tots

Preschoolers will learn beginning tumbling and beam skills. These classes help to enhance social interaction, listening skills and coordination.

Age: 3-5			\$30	/ Month
Sa	Jan 9	10:00am-10:30am	DLRC	121632
Sa	Jan 9	11:30am-12:00pm	CNRC	122355
Tu	Feb 2	4:00 pm-4:30pm	EORC	121545
Sa	Feb 6	10:00am-10:30am	DLRC	121633
Sa	Feb 6	11:30am-12:00pm	CNRC	122356
Tu	Mar 2	4:00pm-4:30pm	EORC	121546
Sa	Mar 6	10:00am-10:30am	DLRC	121634
Sa	Mar 6	11:30am-12:00pm	CNRC	122357
Tu	Apr 6	4:00pm-4:30pm	EORC	121547
Sa	Apr 10	10:00am-10:30am	DLRC	121635
Sa	Apr 10	11:30am-12:00pm	CNRC	122358

Jo Ann's Tumbling Tots

Enrollment is ongoing. Call Jo-Ann Ingram at 817-498-8616 to register.

Age: 3-5

Age: 6-12 M Jan 4 6:15pm-7:00pm HSRC Age: 6-12 M Jan 4 7:00pm-7:45pm HSRC





Martial Arts

Tumbling Tots 2

Preschoolers will learn intermediate tumbling and beam skills. These classes also help the child to develop listening skills.

Age: 3-	-5		\$3	0 / Month
Sa	Jan 9	11:00am-11:30am	DLRC	121637
Sa	Feb 6	11:00am-11:30am	DLRC	121638
Sa	Mar 6	11:00am-11:30am	DLRC	121639
Sa	Apr 10	11:00am-11:30am	DLRC	121640

Martial Arts

Boxing - Beginning

'Float like a butterfly, sting like a bee,'...now you too can box like Mohammed Ali. Try this beginning class to learn boxing techniques and discipline of a trained boxer. This is a noncontact class.

Age: 10 and up			\$3	5 / Month
F	Jan 8	7:00pm-8:00pm	CNRC	121858
F	Feb 5	7:00pm-8:00pm	CNRC	121859
F	Mar 5	7:00pm-8:00pm	CNRC	121860
F	Apr 9	7:00pm-8:00pm	CNRC	121880

Boxing - Advanced

Already have the basic boxing skills? This class helps you focus on enhancing those techniques and footwork. Bring your own hand wraps.

Age: 12 and up			\$4	5 / Month
F	Jan 8	8:00pm-9:00pm	CNRC	121854
F	Feb 5	8:00pm-9:00pm	CNRC	121855
F	Mar 5	8:00pm-9:00pm	CNRC	121856
F	Apr 9	8:00pm-9:00pm	CNRC	121857

Women's Self Defense

This program will teach females to recognize and defend against an attacker. This class will strengthen your mind, body and spirit so that you never have to be a victim.

Age: 12 and up			\$30 / Per W	orkshop
Sa	Feb 20	9:00pm-3:00pm	CNRC	123129
Sa	Mar 27	9:00pm-3:00pm	CNRC	123130
Sa	Apr 17	9:00pm-3:00pm	CNRC	123131

Parkour

Parkour uses techniques from gymnastics and martial arts. It's an activity with the aim of moving from one point to another as smoothly, efficiently and quickly as possible, using principally the abilities of the human body. It is meant to help one overcome obstacles, which can be anything in the surrounding environment. While martial arts is a form of training for the fight, Parkour is a form of training for the flight. Techniques to be covered include landing, balancing, vaulting, swinging and rolling.

Age: 13 and up			\$45 / 4	Classes
Th	Jan 7	7:00pm-8:30pm	HSRC	125573
Th	Feb 4	7:00pm-8:30pm	HSRC	125574
Th	Mar 4	7:00pm-8:30pm	HSRC	125575
Th	Apr 1	7:00pm-8:30pm	HSRC	125576

Fencing

The Olympic sport of Fencing is one of the oldest and most mentally stimulating forms of exercise. Fencing challenges both the player's body and mind and is suited for all ages and activity levels. You will learn about the different types of fencing, equipment, footwork and basic defenses. Students will have hands on contact and all practice equipment is provided during class. There is an additional equipment fee payable to the instructor at the beginning of the first day of each session.

Beginning

Age: 6 and up			\$65 / 5	Classes
Su	Jan 10	2:00pm-3:00pm	CNRC	122223
Su	Feb 21	2:00pm-3:00pm	CNRC	122224
Su	Mar 28	2:00pm-3:00pm	CNRC	122225

Intermediate

Age: 6 and up			\$65 / 5	Classes
Su	Jan 10	3:00pm-4:00pm	CNRC	122226
Su	Feb 21	3:00pm-4:00pm	CNRC	122227
Su	Mar 28	3:00pm-4:00pm	CNRC	122228

Tiny Kids Self Defense

Get coordinated! Preschoolers will learn basic kicks, escaping techniques and rolling. GI not required. This class helps teach children about stranger awareness. Facility Card required.

Age: 3-5			\$30 / Month	
M	Jan 4	5:30pm-6:00pm	CNRC	122351
M	Feb 1	5:30pm-6:00pm	CNRC	122352
M	Mar 1	5:30pm-6:00pm	CNRC	122353
M	Apr 5	5:30pm-6:00pm	CNRC	122354



Tae Kwon Do at Cliff Nelson

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Introduction					
Age: 6 and up			\$32	\$32 / Month	
M	Jan 4	6:00pm-7:00pm	CNRC	122343	
Tu	Jan 5	6:00pm-7:00pm	CNRC	122347	
M	Feb 1	6:00pm-7:00pm	CNRC	122344	
Tu	Feb 2	6:00pm-7:00pm	CNRC	122348	
M	Mar 1	6:00pm-7:00pm	CNRC	122345	
Tu	Mar 2	6:00pm-7:00pm	CNRC	122349	
M	Apr 5	6:00pm-7:00pm	CNRC	122346	
Tu	Apr 6	6:00pm-7:00pm	CNRC	122350	

Advanced

Age: 6 and up			\$32	2 / Month
M	Jan 4	7:00pm-8:00pm	CNRC	122335
Tu	Jan 5	7:00pm-8:00pm	CNRC	122339
M	Feb 1	7:00pm-8:00pm	CNRC	122336
Tu	Feb 2	7:00pm-8:00pm	CNRC	122340
M	Mar 1	7:00pm-8:00pm	CNRC	122337
Tu	Mar 2	7:00pm-8:00pm	CNRC	122341
M	Apr 5	7:00pm-8:00pm	CNRC	122338
Tu	Apr 6	7:00pm-8:00pm	CNRC	122342

^{*}Teacher approval through a skills test is required.

Tae Kwon Do at Dottie Lynn

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Introduction

Age: 6 and up			\$32 / Month	
M	Jan 4	6:00pm-7:00pm	DLRC	121621
Tu	Jan 5	7:00pm-8:00pm	DLRC	121625
M	Feb 1	6:00pm-7:00pm	DLRC	121622
Tu	Feb 2	7:00pm-8:00pm	DLRC	121626
M	Mar 1	6:00pm-7:00pm	DLRC	121623
Tu	Mar 2	7:00pm-8:00pm	DLRC	121627
M	Apr 5	6:00pm-7:00pm	DLRC	121624
Tu	Apr 6	7:00pm-8:00pm	DLRC	121628

Advanced

Age: 6 and up			\$32 / Month	
M	Jan 4	7:00pm-8:00pm	DLRC	121616
M	Feb 1	7:00pm-8:00pm	DLRC	121617
M	Mar 1	7:00pm-8:00pm	DLRC	121618
M	Apr 5	7:00pm-8:00pm	DLRC	121619



Tae Kwon Do at Elzie Odom

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Introduction

Age:	6 and up	\$32	2 / Month	
M	Jan 4	6:00pm-7:00pm	EORC	121540
M	Feb 1	6:00pm-7:00pm	EORC	121541
M	Mar 1	6:00pm-7:00pm	EORC	121542
M	Apr 5	6:00pm-7:00pm	EORC	121543

Tae Kwon Do at Hugh Smith

Introduction

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. Ages 6 and up. Facility Card required.

Age: 4-5 \$32 / Month						
W	Jan 6	6:10pm-7:00pm	HSRC	121223		
W	Feb 3	6:10pm-7:00pm	HSRC	121224		
W	Mar 3	6:10pm-7:00pm	HSRC	121225		
W	Apr 7	6:10pm-7:00pm	HSRC	121226		
Age: 6-7	Age: 6-7 \$32 / Month					
·	1 0	0.10 7.00	*			
W	Jan 6	6:10pm-7:00pm	HSRC	121227		
W	Feb 3	6:10pm-7:00pm	HSRC	121228		
W	Mar 3	6:10pm-7:00pm	HSRC	121229		
W	Apr 7	6:10pm-7:00pm	HSRC	121230		
Age: 8-10 \$32 / Month						
W	Jan 6	7:10pm-8:00pm	HSRC	121231		
W	Feb 3	7:10pm-8:00pm	HSRC	121232		
W	Mar 3	7:10pm-8:00pm	HSRC	121233		
W	Apr 7	7:10pm-8:00pm	HSRC	121234		

Tae Kwon Do Club

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. The 6-7 pm class at HSRC is for Beginners (white through orange belts) and the 7:10-8:10 pm class is for Advanced (green belt and up). The HSRC classes are paid for monthly and registration is due by the 1st of each month.

Age: 6	and up	\$45	\$45 / Month	
M, F	Jan 4	6:00pm-7:00pm	HSRC	121235
M, F	Jan 4	7:10pm-8:10pm	HSRC	121239
M, F	Feb 1	6:00pm-7:00pm	HSRC	121236
M, F	Feb 1	7:10pm-8:10pm	HSRC	121240
M, F	Mar 1	6:00pm-7:00pm	HSRC	121237
M, F	Mar 1	7:10pm-8:10pm	HSRC	121241
F, M	Apr 2	6:00pm-7:00pm	HSRC	121238
F, M	Apr 2	7:10pm-8:10pm	HSRC	121242



Whether you're
a seasoned player or just
starting out, Arlington, Texas is
the perfect choice for great golf!

Lake Arlington Golf Course

Lake Arlington Golf Course is a beautiful 18-hole facility nestled on 185 acres on the north shore of Lake Arlington. The course was designed with all types of players in mind and with the newly renovated fairways and greens, the course provides a great golfing experience at an exceptional value.

Lake Arlington's time-honored design blends shot making demands along with open tree-lined fairways. A challenge for the professional as well as the beginner, the four sets of tees, ranging from 5,485 yards to 6,637, provides a fair playing field that appeals to every level of proficiency.

The clubhouse features a well stocked pro shop and grill. Lake Arlington's combination of enjoyable golf, convenient location and professional staff create the perfect setting for group outings and tournaments.

1516 West Green Oaks Boulevard, Arlington, Texas 76013 817-451-6101

Chester W. Ditto Golf Course

Beautiful Chester W. Ditto Golf Course is a long-standing favorite among golfers in the Dallas-Fort Worth Metroplex.

This hidden gem in north Arlington maintains a pure golf feel and offers eighteen holes of challenging golf with plush fairways narrowed by trees and accented by sand bunkers and strategically placed landing areas.

A driving range, practice putting green and chipping area complete the golf experience. The clubhouse features a snack bar and full-line pro shop with the latest in equipment and apparel.

Ditto hosts tournaments and offers private and group lessons taught by PGA professionals and apprentices.

801 Brown Boulevard, Arlington, Texas 76011

817-275-5941

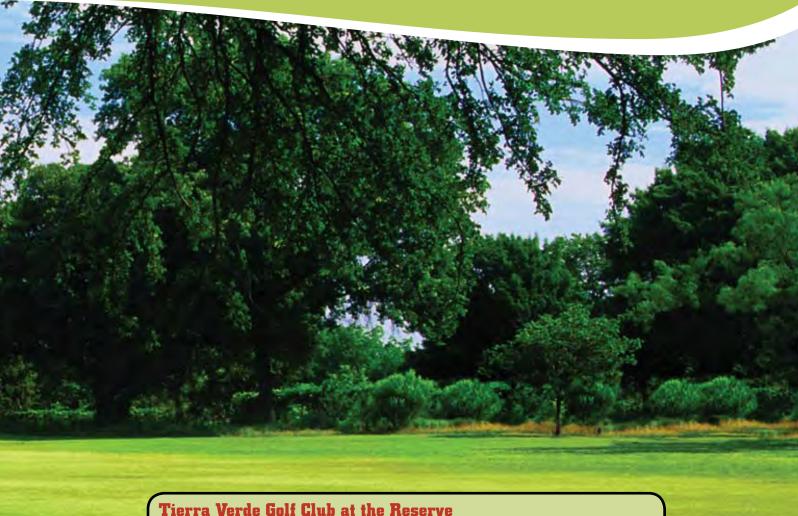
Meadowbrook Park Golf Course

Arlington's tradition of outstanding golf began in the 1920's with Meadowbrook Park. Conveniently located just east of downtown Arlington, Meadowbrook Park Golf Course is the home of the First Tee of Arlington. An excellent choice for families and leagues, Meadowbrook Park is the perfect facility to learn the game of golf and sharpen short-game skills.

A 9-hole walking course, Meadowbrook is easily played when under time constraints. Exclusive facility rental opportunities are available for both golf and non-golf outdoor activities. With a long-standing commitment to environmental enhancement and preservation, Meadowbrook Park Golf Course is like a walk in the park for the whole family.

1300 East Dugan Street, Arlington, Texas 76013

817-275-0221



Opened in 1998, Tierra Verde is the result of a unique partnership between the City of Arlington, renowned designers Graham & Panks International and Audubon International.

Carved from 250 acres of secluded terrain, Tierra Verde's unsurpassed layout encompasses idyllic surroundings and an array of natural settings. Each hole has five sets of tees, sculpted fairways, strategically placed sand bunkers and water hazards – all accented by stately trees and beautiful native grasses.

Audubon International has recognized Tierra Verde as the first golf course in Texas and the first municipal golf course in the world to be certified as an Audubon Signature Sanctuary. Tierra Verde was the recipient of the 2004 Golf Digest Environmental Leaders in Golf Award, which recognizes golf courses worldwide for the environmental excellence. In 2008, Tierra Verde was the recipient of the Texas Parks and Wildlife Special Recognition Lone Star Land Steward Award for their commitment to wildlife habitat and conservation through innovative conservation development.

The course has been host to many prestigious events, including the Byron Nelson Qualifying Tournament two years in a row. The facility's 7,000 yards of exciting terrain make it a favorite destination for tournaments and group outings.

The Mediterranean-styled clubhouse features outstanding amenities, including a fully stocked pro shop, an outdoor pavilion and full-service restaurant.

Tierra Verde's state of the art learning center features a lighted driving range, practice fairway bunker, large chipping and putting green complex, and three practice holes. Tierra Verde offers lessons and clinics taught by PGA and LPGA professionals and apprentices. Tierra Verde is also the home to Ventana Grille, which features a Spanish flair, an irresistible menu featuring tapas dishes, all in an incredible ambience.

7005 Golf Club Drive, Arlington, Texas 76001 817-478-8500 Metro 817-572-1300



Hooked on Golf for Juniors

Junior Academy is the perfect place for juniors of all skill levels to improve their game. This fun and exciting program features four structured levels where students can advance from one level to the next by learning the many life skills inherent in golf and performing all of the golf skills required to advance. Each level consists of four weeks of instruction. Students receive a membership card good for discounts at all Arlington Golf facilities.

Ditto Golf Course

Apr 6-Apr 29, 7:00pm-8:00pm

Apr 5-Apr 28, 7:00pm-8:00pm

Apr 2-Apr 23, 4:30pm-6:30pm

Apr 3-Apr 24, 1:00pm-3:00pm

Tu, Th

M, W

Sa

Tierra Verde Golf Club

Apr 6-Apr 29, 6:45pm-7:45pm

Apr 5-April 28, 4:15pm-7:45pm

Apr 9-Apr 30, 5:00pm-7:00pm

Apr 10-May 1, 6:00pm-8:00pm

Level 1

Level 2

Level 3

Level 4

	March			March	
Age 6-11		\$149 / 4 Weeks	Age 6-11		\$149 / 4 Weeks
M, W	Mar 8-Mar 31, 4:30pm-5:30pm	Level 1	M, W	Mar 8-Mar 31, 4:00pm-5:00pm	Level 1
Tu, Th	Mar 9-Apr 1, 4:30pm-5:30pm	Level 2	Tu, Th	Mar 9-Apr 1, 4:00pm-5:00pm	Level 2
Tu, Th	Mar 9-Apr 1, 5:45pm-6:45pm	Level 3	M, W	Mar 8-Mar 31, 5:15pm-6:15pm	Level 3
F	Mar 5-Mar 26, 4:30pm-6:30pm	Level 4	Tu, Th	Mar 9-Apr 1, 5:15pm-6:15pm	Level 4
Age 12-17		\$149 / 4 Weeks	Age 12-17		\$149 / 4 Weeks
M, W	Mar 8-Mar 31, 5:45pm-6:45pm	Level 1	M, W	Mar 8-Mar 31, 6:30pm-7:30pm	Level 1
Su	Mar 7-Mar 28, 2:00pm-4:00pm	Level 2	Tu, Th	Mar 9-Apr 1, 6:30pm-7:30pm	Level 2
Sa	Mar 6-Mar 27, 2:30pm-4:30pm	Level 3	F [′]	Mar 12-Apr 2, 5:00pm-7:00pm	Level 3
Su	Mar 7-Mar 28, 9:00am -11:00am	Level 4	Sa	Mar 13-Apr 3, 5:30pm-7:30pm	Level 4
	April			April	
Age 6-11		\$149 / 4 Weeks	Age 6-11	•	\$149 / 4 Weeks
M, W	Apr 5-Apr 28, 4:30pm-5:30pm	Level 1	Tu, Th	Apr 6-Apr 29, 4:15pm-5:15pm	Level 1
Tu, Th	Apr 6-Apr 29, 4:30pm-5:30pm	Level 2	M, W	Apr 5-April 28, 4:15pm-5:15pm	Level 2
Tu, Th	Apr 6-Apr 29, 5:45pm-6:45pm	Level 3	Tu, Th	Apr 6-Apr 29, 5:30pm-6:30pm	Level 3
M, W	Apr 5-Apr 28, 5:45pm-6:45pm	Level 4	M, W	Apr 5-April 28, 5:30pm-6:30pm	Level 4
Age 12-17		\$149 / 4 Weeks	Age 12-17		\$149 / 4 Weeks

Level 1

Level 2

Level 3

Level 4



Tu, Th

M, W

F

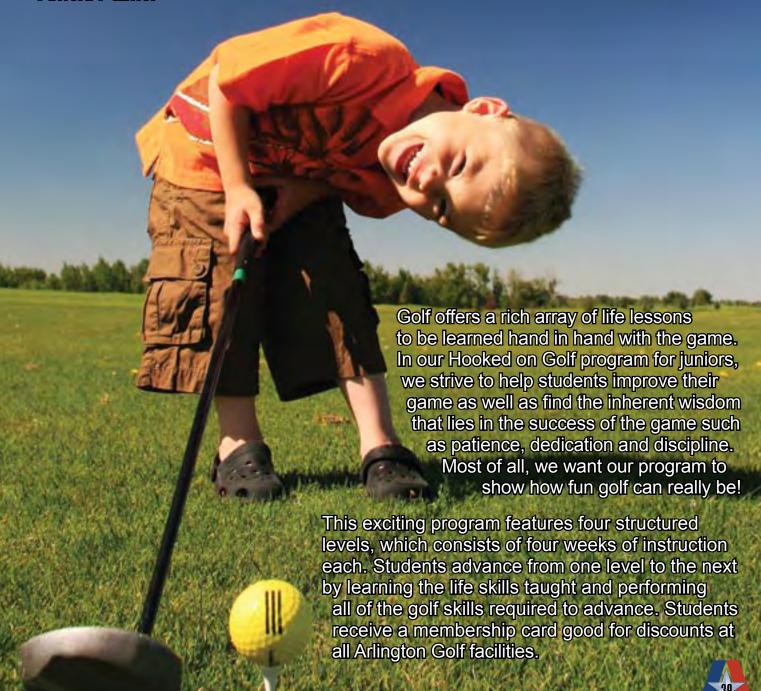
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Hooked on Golf for Juniors

"Success in golf depends less on strength of body than upon strength of mind and character."





Hooked on Golf for Adults

is a structured program designed to teach the fundamentals necessary to enjoy the game of golf for a lifetime. Whether a beginner interested in learning the basic skills involved in golf, or a player interested in improving your game to become more consistent, the Adult Hooked on Golf program offers a variety of classes to fit your needs.

Level 1 (Beginner)

Arlington Golf's Level 1 program is designed for anyone who wants to learn all the basic fundamentals involved with playing golf. The Level 1 program will help develop the skills needed in order to have you on the golf course as fast as possible. Participants in this level will receive up to eight hours of instruction, free rounds of golf, a range & golf discount card and many other great benefits!

\$199 / 4 Weeks

Tierra V	/erde	
Age: 18	and up	Class#
Sa	Mar 6-Mar 27, 11:30am-1:30pm	1
W	Mar 17-Apr 7, 11:30am-1:30pm	2
Su	Mar 21-Apr 18, 5:30pm-7:30pm	3
Sa	Apr 10-May 1, 11:30am-1:30pm	4
Su	Apr 11-May 2, 12:30pm-2:30pm	5
W	Apr 21-May 12, 11:30am-1:30pm	6

Ditto

Age: 18 and up		Class#
Sa	Mar 6-Mar 27, 9:30am-11:30am	1
Sa	Apr 3-Apr 24, 10:30am-12:30pm	2

Level 2 (Breaking 100)

Arlington Golf's Level 2 program is designed for anyone who has either completed the beginner level, has trouble breaking 100, or has taken golf lessons in the past and wishes to become more consistent. The main focus of Level 2 is the full swing. This class will also cover aspects of the short game including chipping, pitching and putting. Participants in this level receive up to eight hours of instruction, with a maximum of 6 to 1 student-to-teacher ratio. Students will also receive free rounds of golf, a range & golf discount card and many other great benefits!

\$229 / 4 Weeks

Tierra Verd Age: 18 an		Class#
Su	Mar 7-Mar 28, 12:30pm-2:30pm	1
Su	Apr 25-Mar 9, 5:30pm-7:30pm	2

Ditto

Age: 18 and up		Class#
Su	Mar 7-Mar 28, 11:30am-1:30pm	1
Sa	Apr 3-Apr 24, 3:30pm-5:30pm	2

Level 3 (Breaking 90)

Arlington Golf's Level 3 program is designed for experienced golfers looking to lower their scores and get more out of their game. The Level 3 program features up to eight hours of instruction and free rounds of golf at many of Arlington's premier courses. With a main focus on the short game, this class is sure to bring your scores down and make your golf experiences more enjoyable.

\$249 / 4 Weeks

Tierra Age: 1	Verde 8 and up	Class#
Sa	Mar 20-Apr 10, 2:00pm-4:00pm	1
Su	Apr 25-Mar 9, 3:00pm-5:00pm	2

Ditto		
Age: 18	and up	Class#
Sa	Mar 6-Mar 27, 12:00pm-2:00pm	1
Su	Apr 4-Apr 25, 2:00pm-4:00pm	2



Playing Clinic

Arlington Golf is introducing the 'Learn to Play' on-course instructional class into the Hooked On Golf curriculum. The class is designed to help beginning golfers learn necessary strategy and how to play the game in a "real" golf course setting. The participants will spend time on the golf course with their instructor, giving them the confidence and comfort level they need to move their game to the next level. \$279 / 4 Weeks

Tierra Verde

Age: 18 and up		Class#
Su	Mar 21-Apr 18, 3:00pm-5:00pm	1
Sa	Apr 17-May 8, 3:30pm-5:30pm	2

Ditto

Age: 18 and up		Class#
Su	Mar 7-Mar 28, 4:30pm-6:30pm	1
Su	Apr 4-Apr 25, 4:30pm- 6:30pm	2

For more information on the Adult Hooked on Golf program

or to register for classes call: Tierra Verde Golf Club 817-478-8500 or Ditto Golf Course 817-275-5941. Visit us online at www.arlingtongolf.com



Ditto Golf Course

Opened in 1982, beautiful Chester W. Ditto Golf Course is quite a popular place to play in the Dallas-Fort Worth area.

Located conveniently in North Arlington, the course challenges all skill levels with its plush fairways narrowed by trees and accented by sand bunkers and strategically placed landing areas.

In addition to a challenging 18-hole, 72 par golf course, Ditto also offers a driving range, a practice putting green and a chipping area. The clubhouse features a snack bar and full line pro shop with today's most popular equipment and apparel. The pro shop also performs club repair and club fitting to give you the best tools for the game.

The course is named for Chester W. Ditto, a lifelong resident of Arlington. An active golfer, Mr. Ditto played at what is now Meadow-brook Park Golf Course. After his passing in 1967, the city aquired 164 acres from his widow, Alberta Ditto. That land was developed into the golf course now known as Ditto Golf Course.







Ditto hosts tournaments and offers private and group lessons taught by PGA professionals and apprentices for all ages. For tee times or other information, visit www.arlingtongolf.com or call 817-275-5941.

Ditto Golf Course also offers classes for all levels of golfers in our program, Hooked on Golf. See pages 38-40 for information on offerings at Ditto and Tierra Verde Golf Club.



"2008 USTA Outstanding Facility Award" Recipient

Arlington Tennis Center

is an award-winning public tennis facility

offering classes, drills and leagues for players of all ages and abilities from beginner to advanced levels. The facility and staff host frequent special events, including seven sanctioned tournaments each year, a National Open Championship, a USTA National Junior Team Tournament and a USTA National Intersectional Team Event, with several non-sanctioned tournaments. ATC also serves as the host site for over 40 other tournaments and events each year.

ATC features classes, lessons, drills, leagues and special events. Class and League registrations must be made at least three days in advance of the starting date to avoid a \$5 late fee. Registrations can be made online at www.naturallyfun.org, over the phone or in person by visiting the Arlington Tennis Center. Private instruction is also available. Bring a group of four or more players and we will customize a class just for you!

For additional information, call

The Arlington Tennis Center at 817-459-6163

or visit www.arlingtontennis.net or email atc@arlingtontx.gov.

Tennis Center Hours

Monday-Thursday 8:00am-9:30pm
Friday 8:00am-8:00pm
Saturday 8:00am-5:00pm
Sunday 12:00pm-8:00pm
*Hours may be extended during special events.

Arlington Tennis Center features:

- 20 outdoor, lighted tennis courts
- Plexi-pave court surfaces
- 3,000 sq. ft. building with administrative offices
- Fully stocked pro shop
- Complete locker room facilities with showers
- Concession area offering snacks and drinks
- Wireless Internet

Arlington Tennis Center Services

Pro Shop

Featuring the latest in racquets, strings, grips and accessories, including bags and other on-court needs. ATC's pro shop also has dozens of unique tennis-themed novelties, jewelry and gifts that are perfect for new or experienced players.

Racquet Stringing

Two-day service on racquet stringing and state-ofthe-art Babolat Star 3 equipment are just two of the benefits to using the Arlington Tennis Center's racquet stringing service.

Demo Racquets

Our "try it before you buy it" demo program allows you to try out racquets ON SITE.

Ball Machine

PlayMate Ball Machine rentals available for single use or with annual pass memberships.



Tennis



Events

January 8-10 **USTA Tri-Level Adult Tournament**

January 23-24

Arlington Tennis Center Liz Mahon Sanctioned Adult **Open Doubles Tournament**

February 7

Arlington Tennis Association Adult Valentine Mixer

March 6-7

MCB "Little Mo" Sectional Junior Tournament

Arlington Tennis Center Mid Cities Junior Tournament

April 24-25

Arlington Tennis Center Sanctioned Junior Singles Open Tournament

USTA Block Party / Arlington Tennis Center Carnival by the Courts

May 15-16

USTA National Open Championships Girls' 14s

May 29-31 MCB "Little Mo" Regional Junior Tournament

Adult and Junior Private Lessons

Private lessons are an ideal way to work on the specifics of your game that you would like to improve. Scheduled at your convenience, private lessons can be the answer to accommodate your busy life. Call the Arlington Tennis Center to sign up for your private tennis lessons today.

Purchase a series of seven lessons, and get the eighth one free!

USPTA Pro \$45/hour USPTA Head Pro \$60/hour

Adult Drills One hour, \$12 per drill or buy seven and get the eighth drill FREE! Call ahead to guarantee a spot.

Tennis Classes

Adult Beginner

Adult Beginner classes are designed to introduce the fundamentals of tennis in a fun and games format. RECEIVE \$5 OFF ABEGINNER PRESTRUNG TENNIS RACQUET WHEN YOU REGISTER FOR A CLASS! Call us at 817-459-6163 for more information. No class during AISD spring break.

			\$44 / 4 Class Dates
Sa	Jan 9	11:00am-12:00pm	119473
Sa	Feb 6	11:00am-12:00pm	119474
Sa	Mar 6	11:00am-12:00pm	119475
			\$55 / 5 Class Dates
Sa	Apr 10	11:00am-12:00pm	119476
			\$88 / 8 Class Dates
Tu, Th	Jan 5	9:00am-10:00am	119480
Tu, Th	Jan 5	7:00pm-8:00pm	119485
Tu, Th	Feb 2	9:00am-10:00am	119481
Tu, Th	Feb 2	7:00pm-8:00pm	119486
Tu, Th	Mar 2	9:00am-10:00am	119482
Tu, Th	Mar 2	7:00pm-8:00pm	119487
Tu, Th	Apr 6	9:00am-10:00am	119483
Tu, Th	Apr 6	7:00pm-8:00pm	119488

Adult Intermediate/Advanced

Adult Intermediate and Advanced classes are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere. No class during AISD spring break.

			\$44 / 4 Class Dates
Sa	Jan 9	12:00pm-1:00pm	119490
Sa	Feb 13	12:00pm-1:00pm	119491
Sa	Mar 6	12:00pm-1:00pm	119492
			\$55 / 5 Class Dates
Sa	Apr 10	12:00pm-1:00pm	119493
			\$88 / 8 Class Dates
Tu, Th	Jan 5	10:00am-11:00am	119494
Tu, Th	Jan 5	8:00pm-9:00pm	119497
Tu, Th	Feb 2	10:00am-11:00am	119495
Tu, Th	Feb 2	8:00pm-9:00pm	119498
Tu, Th	Mar 2	10:00am-11:00am	119496
Tu, Th	Mar 2	8:00pm-9:00pm	119499
Tu, Th	Apr 6	10:00am-11:00am	119500
Tu, Th	Apr 6	8:00pm-9:00 pm	119502



Tennis

Adult Leagues

Adult singles, doubles and mixed doubles leagues are offered for men and women. All leagues meet once per week.

Lac M M M	lies' 2.5-3.5 Doi Jan 4 Feb 15 Apr 5	ubles 9:00am-10:30am 9:00am-10:30am 9:00am-10:30am	\$36 / 6 League Dates 119507 119508 119509
Tu Tu	lies' 3.0-3.5 Sin Jan 5 Feb 16 Apr 6	gles 9:00am-10:30am 9:00am-10:30am 9:00am-10:30am	\$36 / 6 League Dates 119510 119511 119512
Tu Tu	lies' 3.0-4.0 Doo Jan 5 Feb 16 Apr 6	6:30pm-8:00pm 6:30pm-8:00pm 6:30pm-8:00pm	\$36 / 6 League Dates 119513 119514 119515
M M M	lies' Open Sing Jan 4 Feb 15 Apr 5	les 8:00pm-9:30pm 8:00pm-9:30pm 8:00pm-9:30pm	\$36 / 6 League Dates 119516 119517 119518
Th Th	n's 3.0 Singles Jan 7 Feb 18 Apr 8	6:30pm-8:00pm 6:30pm-8:00pm 6:30pm-8:00pm	\$36 / 6 League Dates 119519 119520 119521
W	n's 3.5 Singles Jan 6 Feb 17 Apr 7	8:00pm-9:30pm 8:00pm-9:30pm 8:00pm-9:30pm	\$36 / 6 League Dates 119522 119523 119524
Mei W W W	n's 4.0 Singles Jan 6 Feb 17 Apr 7	6:30pm-8:00pm 6:30pm-8:00pm 6:30pm-8:00pm	\$36 / 6 League Dates 119525 119526 119527
Tu	n's 4.5 Singles Jan 5 Feb 16 Apr 6	8:00pm-9:30pm 8:00pm-9:30pm 8:00pm-9:30pm	\$36 / 6 League Dates 119528 119529 119530
M	n 's Open Doub l Jan 4 Feb 15	6:30pm-8:00pm 6:30pm-8:00pm	\$36 / 6 League Dates 119531 119532
141	Apr 5	6:30pm-8:00pm	119533

Adult Drill League

The Adult Drill League is a special league on Monday nights at 7:30 PM that combines instruction with supervised league play with our USPTA professionals. Leagues meet once per week.

\$90 / 6 League Dates

M	Jan 4	7:30pm-9:00pm	119504
М	Feb 15	7:30pm- 9:00pm	119505
М	Apr 5	7:30pm-9:00pm	119506

Junior OuickStart

QuickStart tennis classes are designed to introduce players ages 4-10 to the fundamentals of tennis in a fun and games format, with courts, nets and equipment scaled to fit the age of the players. Classes meet once per week. RECEIVE A \$5 DISCOUNT ON A PRESTRUNG BEGINNER RACQUET WHEN YOU REGISTER FOR A CLASS! Call us at 817-459-6163 for more information. No class during AISD spring break.

		Age 4-6	
		_	\$22 / 4 Class Dates
Sa	Jan 9	8:30am-9:00am	119574
Sa	Feb 6	8:30am-9:00am	119575
Sa	Mar 6	8:30am-9:00am	119576
		\$2	27.50 / 5 Class Dates
Sa	Apr 10	8:30am-9:00am	119577
			\$44 / 8 Class Dates
M, W	Jan 4	4:30pm-5:00pm	119578
M, W	Feb 1	4:30pm-5:00pm	119579
M, W	Mar 1	4:30pm-5:00pm	119580
M, W	Apr 5	4:30pm-5:00pm	119581
		Age 7-10	644 / 4 Ol D-4
0-	I 0	0.00 40.00	\$44 / 4 Class Dates
Sa	Jan 9	9:00am-10:00am	119597
Sa	Feb 6	9:00am-10:00am	119598
Sa	Mar 6	9:00am-10:00am	119599
			\$55 / 5 Class Dates
Sa	Apr 10	9:00am-10:00am	119600
Sa	Арі 10	9.00am-10.00am	119000
			\$88 / 8 Class Dates
M. W	Jan 4	5:00pm-6:00pm	119601
Tu, Th	Jan 5	6:00pm-7:00pm	119606
M. W	Feb 1	5:00pm-6:00pm	119602
Tu, Th	Feb 2	6:00pm-7:00pm	119607
M, W	Mar 1	5:00pm-6:00pm	119603
Tu, Th	Mar 2	6:00pm-7:00pm	119608
M, W	Apr 5	5:00pm-6:00pm	119604
Tu, Th	Apr 6	6:00pm-7:00pm	119609

Spring Break Camp

Arlington Tennis Center junior tennis camps are designed for all levels of players aged 7-17. QuickStart (ages 7-10) and Beginner (ages 11-17) camps introduce the fundamentals of tennis in a fun and games format. Performance camps are designed for advanced, high school and qualified players. All camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction. Facility cards are NOT required for ATC programs. Court assignments are subject to change. Please check in at the front counter.

\$120 / 4 Class Dates

M-Th Mar 15 9:00am-12:00pm 119573



Tennis

Junior Beginner

Beginner classes for juniors aged 11-16 are designed to introduce the fundamentals of tennis in a fun and games format. Students are divided into age and ability levels. RECEIVE A \$5 DISCOUNT ON A PRESTRUNG BEGINNER RACQUET WHEN YOU REGISTER FOR A CLASS! Call us at 817-459-6163 for more information. No class during AISD Spring Break.

Sa Sa Sa	Jan 9 Feb 6 Mar 6	9:00am-10:00am 9:00am-10:00am 9:00am-10:00am	\$44 / 4 Class Dates 119623 119624 119625
Sa	Apr 10	9:00am-10:00am	\$55 / 5 Class Dates 119626
			\$88 / 8 Class Dates
M, W	Jan 4	5:00pm-6:00pm	119627
Tu, Th	Jan 5	6:00pm-7:00pm	119632
M, W	Feb 1	5:00pm-6:00pm	119628
Tu, Th	Feb 2	6:00pm-7:00pm	119633
M, W	Mar 1	5:00pm-6:00pm	119629
Tu, Th	Mar 2	6:00pm-7:00pm	119634
M, W	Apr 5	5:00pm-6:00pm	119630
Tu, Th	Apr 6	6:00pm-7:00pm	119635



High Performance Drills
for junior players ages 12 and up are designed for high school players and qualified juniors (e.g., JV, varsity, Champ, Super-Champ). Drills focus on footwork, mental and physical development and court strategies. Pros use various drills, techniques and match situations to help players achieve their highest level of fitness and development.

5:30-7:00pm, \$18/reservation, \$25/drop in

Drill passes are also available—buy eight, and receive a \$12 discount! Call to gaurantee a spot!

Junior Advanced

Advanced classes are for junior players aged 7-16 who are ready to begin higher level competitive play in tournaments and leagues. Students are divided into age and ability levels. Classes meet once per week. No class during AISD spring break.

Sa Sa Sa	Jan 9 Feb 6 Mar 6	\$4 11:00am-12:00pm 11:00am-12:00pm 11:00am-12:00pm	14 / 4 Class Dates 119651 119652 119653
Sa	Apr 10	\$! 11:00am-12:00pm	55 / 5 Class Dates 119654
M, W M, W M, W-Th M, W	Jan 4 Feb 1 Mar 1 Apr 5	7:00pm-8:00pm 7:00pm-8:00pm 7:00pm-8:00pm 7:00pm-8:00pm	88 / 8 Class Dates 119655 119656 119657 119658

Junior Intermediate

Intermediate classes on Saturdays for juniors aged 7-16 are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere. No class during AISD Spring Break.

•		-	
		Age 7-10	¢44 / 4 Class Detec
0-	I 0	40.00 44.00	\$44 / 4 Class Dates
Sa	Jan 9	10:00am-11:00am	119583
Sa	Feb 6	10:00am-11:00am	119584
Sa	Mar 6	10:00am-11:00am	119585
_			\$55 / 5 Class Dates
Sa	Apr 10	10:00am-11:00am	119586
			\$88 / 8 Class Dates
M, W	Jan 4	6:00pm-7:00pm	119587
Tu, Th	Jan 5	5:00pm-6:00pm	119592
M, W	Feb 1	6:00pm-7:00pm	119588
Tu, Th	Feb 2	5:00pm-6:00pm	119593
M, W	Mar 1	6:00pm-7:00pm	119589
Tu, Th	Mar 2	5:00pm-6:00pm	119594
M, W	Apr 5	6:00pm-7:00pm	119590
Tu, Th	Apr 6	5:00pm-6:00pm	119595
		Age 11-16	
			\$44 / 4 Class Dates
Sa	Jan 9	10:00am-11:00am	119637
Sa	Feb 6	10:00am-11:00am	119638
Sa	Mar 6	10:00am-11:00am	119639
			\$55 / 5 Class Dates
Sa	Apr 10	10:00am-11:00am	119640
			\$88 / 8 Class Dates
M, W	Jan 4	6:00pm-7:00pm	119641
Tu, Th	Jan 5	5:00pm-6:00pm	119646
M, W	Feb 1	6:00pm-7:00pm	119642
Tu, Th	Feb 2	5:00pm-6:00pm	119647
M, W	Mar 1	6:00pm-7:00pm	119643
Tu, Th	Mar 2	5:00pm-6:00pm	119648
M, W	Apr 5	6:00pm-7:00pm	119644
Tu, Th	Apr 6	5:00pm-6:00pm	119649





Special Programs

Preschool

Baby Book Club

Want your child to be a step ahead in school? This mommy and me book club will help familiarize your child with the alphabet and learn the sounds of letters while reading fun children's books.

Age: 2	2-5		\$30	0 / Month
W	Jan 6	2:00pm-2:30pm	DLRC	121657
W	Feb 3	2:00pm-2:30pm	DLRC	121658
W	Mar 3	2:00pm-2:30pm	DLRC	121659
W	Apr 7	2:00pm-2:30pm	DLRC	121660

Little Geniuses

Help your toddler to learn to love science with hands-on experiments. We will study earth, space, math, colors and much more!

Age: 3-0	6		\$3	0 / Month
M	Jan 4	10:45am-11:15am	DLRC	121662
M	Feb 1	10:45am-11:15am	DLRC	121663
M	Mar 1	10:45am-11:15am	DLRC	121664
M	Apr 5	10:45am-11:15am	DLRC	121665

Helping Hands

The purpose of this program is to provide a safe environment for your child while she/he is developing. It is a fun and educational program for your child.

Age: 2-5	5		\$70) / Month
Tu, Th	Jan 5	8:30am-11:30am	EORC	119144
Tu, Th	Feb 2	8:30am-11:30am	EORC	119145
Tu, Th	Mar 2	8:30am-11:30am	EORC	119146
Th, Tu	Apr 1	8:30am-11:30am	EORC	119147

Get Out! Get Active! Get Stamped!

Pick up your Arlington Passport today. See page 74 for program details.





Preschool Playhouse - 3 Year

During this year-round program, we will explore different themes using crafts, songs, stories, games and other fun activities. We will also introduce colors, shapes, numbers, letters and much more.

Age: 3			\$70) / Month
Tu, Th	Jan 5	9:00am-12:00pm	DLRC	117523
Tu, Th	Jan 5	9:00am-12:00pm	CNRC	125727
Tu, Th	Feb 2	9:00am-12:00pm	DLRC	117524
Tu, Th	Feb 2	9:00am-12:00pm	CNRC	125728
Tu, Th	Mar 2	9:00am-12:00pm	DLRC	117525
Tu, Th	Mar 2	9:00am-12:00pm	CNRC	125729
Th, Tu	Apr 1	9:00am-12:00pm	DLRC	117526
Th, Tu	Apr 1	9:00am-12:00pm	CNRC	125730
Age: 4-	5		\$70	/ Month
Age: 4- Tu, Th	5 Jan 5	9:00am-12:00pm	\$70 DLRC	7 / Month 121401
•		9:00am-12:00pm 9:00am-12:00pm		
Tu, Th	Jan 5	•	DLRC	121401
Tu, Th Tu, Th	Jan 5 Jan 5	9:00am-12:00pm	DLRC CNRC	121401 125723
Tu, Th Tu, Th Tu, Th	Jan 5 Jan 5 Feb 2	9:00am-12:00pm 9:00am-12:00pm	DLRC CNRC DLRC	121401 125723 121402
Tu, Th Tu, Th Tu, Th Tu, Th	Jan 5 Jan 5 Feb 2 Feb 2	9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm	DLRC CNRC DLRC CNRC	121401 125723 121402 125724
Tu, Th Tu, Th Tu, Th Tu, Th Tu, Th	Jan 5 Jan 5 Feb 2 Feb 2 Mar 2	9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm	DLRC CNRC DLRC CNRC DLRC	121401 125723 121402 125724 121423
Tu, Th	Jan 5 Jan 5 Feb 2 Feb 2 Mar 2 Mar 2	9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm 9:00am-12:00pm	DLRC CNRC DLRC CNRC DLRC CNRC	121401 125723 121402 125724 121423 125725

After School Education

Brains & Brawn After School Program

Brains & Brawn is an afterschool program designed for elementary age children in grades K-6. It offers two hours of adult supervision five days a week from 3:30 - 5:30 pm. Brains & Brawn strikes a balance between sports and scholastic activities by devoting one full hour to each. Our staff will pick up your child(ren) if they attend Johns or Rankin Elementary. Immediately following school dismissal, a staff member will meet the children at a designated area at their school and walk them to the HSRC. Brains & Brawn operates on a first come first serve basis. The after school program follows the AISD calendar and is not held on early dismissal days.

Age: 5-8, 9-12 \$30/month first child,

\$10/month for each additional child					
M-F	Jan 4	3:30pm-5:30pm	HSRC	119382	
M-F	Jan 4	3:30pm-5:30pm	HSRC	119383	
M-F	Feb 1	3:30pm-5:30pm	HSRC	119384	
M-F	Feb 1	3:30pm-5:30pm	HSRC	119385	
M-F	Mar 1	3:30pm-5:30pm	HSRC	119386	
M-F	Mar 1	3:30pm-5:30pm	HSRC	119387	
M-F	Apr 1	3:30pm-5:30pm	HSRC	119388	
M-F	Apr 1	3:30pm-5:30pm	HSRC	119389	



Special Programs

After School at DLRC

If your child attends Duff Elementary, staff members will escort your child to Dottie Lynn each day. If your child attends Hill or Dunn Elementary, a staff member will transport each child from school to the recreation center in a city van at 3:20 pm. Space on the van is limited so register early. Start 2010 off great by attending our after school program!

Winterland Express

All Aboard! It's time to return to school. It can be tough getting re-adjusted to waking up early, doing homework and listening to teachers. Make going back to school more fun by attending Dottie Lynn's After School Care. We will have a snack, finish homework, play games and make crafts.

Age: 5-12 \$115 / Month M-F Jan 4 3:20pm-6:30pm DLRC 121127

Fun With Your Friends

What are the best things about going to school? Lunch, recess and FRIENDS! Come spend your afternoons with friends playing games. Snack is provided!

 Age: 5-12
 \$115 / Month

 M-F
 Feb 1
 3:20pm-6:30pm
 DLRC
 121130

Mad About Sports

Catch basketball fever and get in on March Madness at DLRC! In this sports-themed month we will play tons of basketball, tee ball, soccer, flag football and kickball. This is an exciting month of games, crafts, and loads of sports. Snack is provided.

Age: 5-12 \$115 / Month M-F Mar 1 3:20pm-6:30pm DLRC 121121

Crazy Crafts & Creative Kids

Join us for the crazy month of April, the month shoved between Spring Break and summer. We'll help make the LONG month go by faster than you could ever imagine. In addition to daily snack, games and activities, we will also create tons of crafts throughout the month. Everyone has a creative side; let yours shine at Dottie Lynn.

 Age: 5-12
 \$115 / Month

 M-F
 Apr 1
 3:20pm-6:30pm
 DLRC
 121118

Spring Into Summer

The school year is coming to a close and summer is almost here. Celebrate a year's worth of hard work at school with your friends at Dottie Lynn. We will play tons of games, eat tasty snacks and have fun with friends and after-school staff!

 Age: 5-12
 \$130 / Month

 M-F
 May 1
 3:20pm-6:30pm
 DLRC
 101364

Home School Playtime at EORC

Kids can participate in activities such as rock climbing, skating, basketball and indoor soccer. Group meets every Friday from 10:00 am to 2:30 pm. Fees are \$5 (1 child), \$9 (2 children), \$14 (3 children) and \$17 (4 or more children). All participants must have facility cards, including parents.

Age: 5-8	1			
F	Jan 8	10:00am-2:30pm	EORC	119126
F	Jan 22	10:00am-2:30pm	EORC	119127
F	Jan 29	10:00am-2:30pm	EORC	119128
F	Feb 5	10:00am-2:30pm	EORC	119129
F	Feb 12	10:00am-2:30pm	EORC	119130
F	Feb 19	10:00am-2:30pm	EORC	119131
F	Feb 26	10:00am-2:30pm	EORC	119132
F	Mar 5	10:00am-2:30pm	EORC	119133
F	Mar 12	10:00am-2:30pm	EORC	119134
F	Mar 26	10:00am-2:30pm	EORC	119135
F	Apr 9	10:00am-2:30pm	EORC	119136
F	Apr 16	10:00am-2:30pm	EORC	119137
F	Apr 23	10:00am-2:30pm	EORC	119138
F	Apr 30	10:00am-2:30pm	EORC	119139



Parents and caregivers, bring your toddlers and play inside with our mats, slides, hula hoops, scooters and much more. We will set up the equipment and you have the fun! Toddler time is offered on Tuesdays and Thursdays from 9:30 – 11:00 am and is for children ages one and two. There is a \$1 fee per session.





Special Interest

Cooking 101

Calling all Chefs! In this fun and exciting class young chefs will learn how to create yummy culinary masterpieces. Learn the basics on measuring, preparing food and putting dishes together. Bring your appetite because we'll taste what we make!

Age: 6-12			\$40	/ Month
M	Jan 4	6:00pm-6:50pm	CNRC	122089
M	Feb 1	6:00pm-6:50pm	CNRC	122090
M	Mar 1	6:00pm-6:50pm	CNRC	122091
M	Apr 5	6:00pm-6:50pm	CNRC	122092

Cooking Up A Story

Join us for a class that combines great stories, yummy snacks and awesome crafts! In each class we will read a story and make a snack or a related craft. Parents must stay for the fun.

Age: 1-4			\$30	/ Month
Th	Jan 7	10:30am-11:00am	DLRC	121396
Th	Feb 4	10:30am-11:00am	DLRC	121397
Th	Mar 4	10:30am-11:00am	DLRC	121398
Th	Apr 8	10:30am-11:00am	DLRC	121399

Parent and Me Cooking Class

Join us in the kitchen as we roll up our sleeves and learn how to cook! We will take a look at some of our favorite recipes and even make up some new ones. This is a parent interaction class so plan on staying for the entire class time.

Age:	3-5		\$39	/ Month
M	Jan 4	5:00pm-5:50pm	CNRC	122310
M	Feb 1	5:00pm-5:50pm	CNRC	122311
M	Mar 1	5:00pm-5:50pm	CNRC	122312
M	Apr 5	5:00pm-5:50pm	CNRC	122313

Eco-Adventures

Ever wanted to learn more about the world around you? Well now you can! This exciting class will teach you all about the different habitats found in our own backyards. Participants will go on nature walks, create fun projects and do fun experiments involving nature!

Age: 6-12			\$30	/ Month
W	Jan 6	5:00pm-5:50pm	CNRC	122096
W	Feb 3	5:00pm-5:50pm	CNRC	122097
W	Mar 3	5:00pm-5:50pm	CNRC	122098
W	Apr 7	5:00pm-5:50pm	CNRC	122099

Acting and Theatre

Learn about developing characters, emotions, plot, stage direction and other important aspects of Acting and Theatre. The class will present a short skit at the end of the session.

Age: 8	3-12		\$30) / Month
Tu	Jan 5	5:00pm-5:50pm	DLRC	121073
Tu	Feb 2	5:00pm-5:50pm	DLRC	121074
Tu	Mar 2	5:00pm-5:50pm	DLRC	121076
Tu	Apr 6	5:00pm-5:50pm	DLRC	121075



Amateur Authors

Calling all writers! This class will teach the basics of developing plot and characters and how to make vibrant illustrations. Each participant will create their own short story with illustrations.

Age:	8-15		\$30	/ Month
Sa	Jan 9	1:00pm-2:00pm	DLRC	121386
Sa	Feb 6	1:00pm-2:00pm	DLRC	121387
Sa	Mar 6	1:00pm-2:00pm	DLRC	121388
Sa	Apr 3	1:00pm-2:00pm	DLRC	121389



Note: Dates listed are session starting dates.

Special Interest

Engineering Marvels

Ever wanted to build a bridge? A castle? How about a catapult? Now's your chance! By using everyday objects young engineers will learn how to turn their dreams into reality. Let creativity come to life!

Age: 6-	Age: 6-12			/ Month
Sa	Jan 9	10:30am-11:30am	CNRC	122100
Tu	Jan 5	5:00pm-6:00pm	CNRC	122102
Sa	Feb 6	10:30am-11:30am	CNRC	122101
Tu	Feb 2	5:00pm-6:00pm	CNRC	122103
Tu	Mar 2	5:00pm-6:00pm	CNRC	122104
Sa	Mar 6	10:30am-11:30am	CNRC	122123
Tu	Apr 6	5:00pm-6:00pm	CNRC	122105
Sa	Apr 10	10:30am-11:30am	CNRC	122124

Mighty Kids

1,2,3, 4...Couch Potato, no more! Learn the importance of being FIT! Your child will learn the basics of eating right, doing fun daily exercises and proper work out techniques.

Age: 5-12			\$30) / Month
W	Jan 6	4:30pm-5:30pm	DLRC	121652
W	Feb 3	4:30pm-5:30pm	DLRC	121653
W	Mar 3	4:30pm-5:30pm	DLRC	121654
W	Apr 7	4:30pm-5:30pm	DLRC	121655

Skating for Beginners

Learn the fundamentals of skating, including how to start, stop and turn.

Age:	4-10		\$30	/ Month
M	Mar 1	5:30pm-6:30pm	EORC	121489
Th	Apr 1	6:00pm-7:00pm	EORC	121490
Sa	Apr 3	9:00am-10:00am	EORC	121491

Spanish-Beginning

¿Habla Español? In this introductory class you will learn the basics of conversational Spanish. Students will learn numbers, colors, days, months and other common vocabulary needed for conversation.

Age: 6	6-12		\$30	/ Month
Tu	Jan 5	5:00pm-5:50pm	DLRC	121391
Tu	Feb 2	5:00pm-5:50pm	DLRC	121392
Tu	Mar 2	5:00pm-5:50pm	DLRC	121393
Tu	Apr 6	5:00pm-5:50pm	DLRC	121394

Super Scientists

Come explore the wonderful world of science in this handson course. Here we will explore the fields of biology and chemistry while conducting some wild and wacky experiments.

Age: 6-12			\$32	2 / Month
Tu	Jan 5	6:00pm-6:50pm	CNRC	122327
Tu	Feb 2	6:00pm-6:50pm	CNRC	122328
Tu	Mar 2	6:00pm-6:50pm	CNRC	122329
Tu	Apr 6	6:00pm-6:50pm	CNRC	122330

Family Support Center Hugh Smith Recreation Center

The East Arlington Family Support Center is a community-based program whose goal is to ensure the healthy development and growth of young children by supporting their families and the communities in which they live.

In order to begin participating in programs through the Family Support Center, basic information is collected over the phone or in person. Families and individuals have three options to complete this enrollment:

CALL the Family Support Center at (817) 277-3050.

EMAIL the Family Support Center at familysupport@allchurchhome.org.

STOP BY the Family Support Center (office hours and staff availability will vary).

The Family Support Center is located inside the Hugh Smith Recreation Center at 1815 New York Ave., Arlington, TX 76010 (between Park Row and Pioneer Parkway).

Get Out! Get Active! Get Stamped!



Pick up your Arlington Passport today. See page 74 for program details.





Camps



Day Off Day Camp

Spend your day off with the staff at DLRC. We will have a day jam-packed with activities such as gym sports, games, arts and crafts, movies and much more. Campers should bring a sack lunch. Your afternoon snack will be provided. Pre-registration required.

Age: 5-12			4	640 / Day
M	Jan 18	6:30am-6:30pm	DLRC	121361
M	Feb 15	6:30am-6:30pm	DLRC	121362
M	May 3	6:30am-6:30pm	DLRC	121363

Spring Break Camps Full Day Spring Break Camp

Don't want to fight all the skiers on the slopes or the 'beach bums' on the coast? We'll be here to watch your kids the week of Spring Break. An afternoon snack is provided. Please bring a sack lunch along each day. Pre-registration required.

Age: 5-12			\$11	0 / Week
M-F	Mar 15	6:30am-6:30pm	EORC	119149
M-F	Mar 15	6:30am-6:30pm	DLRC	121355
M-F	Mar 15	6:30am-6:30pm	CNRC	122326
M-F	Mar 15	6:30am-6:30pm	HSRC	123473



Tennis Camp

Arlington Tennis Center junior tennis camps are designed for all levels of players. QuickStart (ages 7-10) and Beginner (ages 11-17) camps introduce the fundamentals of tennis in a fun and games format. Performance camps are designed for advanced, high school and qualified players. All camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction. Facility cards are not required for ATC programs. Court assignments are subject to change. Please check in at the front counter.

Age: 7-17 \$120 / 4 Classes M-Th Mar 15 9:00am-12:00pm ATC 119573

Specialty

X-Treme Teen Camp

Tired of staying at home bored? Too old for day camp? Try out our X-Treme Teen Camp featuring new and exciting activities everyday! We will take several field trips during the week and have great activities planned for the days we stay at the center.

Age: 11-15			\$13	0 / Week
M-F	Mar 15	9:00am-5:00pm	DLRC	121356
M-F	Mar 15	9:00am-5:00pm	CNRC	122363
M-F	Mar 15	9:00am-5:00pm	HSRC	123474

Partial Day Camps

Acting & Theater Camp

Learn stage presence and beginning acting while putting on a play, using props and stage settings.

Age: 6	-12		\$6	0 / Week
M-F	Mar 15	9:00am-12:00pm	DLRC	121280
M-F	Mar 15	1:00pm-4:00pm	HSRC	121281

Basketball Camp

Love the game of basketball? Our camp will help develop all aspects of the game. You'll learn offense, defense, ball handling, rebounding, shooting and much more. So lace up those high tops and come have some fun!

Age: 6	5-12		\$60 /		
M-F	Mar 15	1:00pm-4:00pm	HSRC	119381	
M-F	Mar 15	1:00pm-4:00pm	EORC	120823	

Cheerleading Camp

READY---OK! This camp is for prospective cheerleaders or those just wanting to have fun. Campers learn jumps, cheers, yells, chants and dances. Tumbling and gymnastics will be emphasized.

Age: 5-12			\$6	0 / Week
M-F	Mar 15	1:00pm-4:00pm	HSRC	121278



Camps

Cooking 101 Camp

Calling all Chefs! In this fun and exciting camp young chefs will learn how to create yummy culinary masterpieces. Learn the basics of measuring, preparing food and putting dishes together. Bring your appetite because we'll try what we cook!

Age: 5-12 \$70 / Week M-F Mar 15 1:00pm-4:00pm CNRC 123126



Dance Camp

Explore all types of dance - ballet, creative dance, jazz, tap and hip hop. Dancers end the week with a performance for parents and friends. Dance shoes are not required, but please bring them if you have them; otherwise, we'll dance in tennis shoes.

Age: 5-12 \$60 / Week M-F Mar 15 1:00pm-4:00pm DLRC 121359

Dodgeball/Kickball Camp

Dodgeball utilizes our most basic instincts...dodge a moving object. This game increases your child's hand eye coordination and dexterity. We will work on their speed and agility as well as basic mechanics of throwing a ball. In Kickball, children will learn the basic rules. Children will be taught good sportsmanship, teamwork and most importantly how to have some fun!

 Age: 6-12
 \$60 / Week

 M-F
 Mar 15
 1:00pm-4:00pm
 CNRC
 123128

Eco-Adventures Camp

Ever wanted to learn more about the world around you? Well, now you can! This exciting camp will teach you all about the different habitats found in our own backyards. Campers will go on nature walks, create fun projects and do fun experiments involving nature!

 Age: 5-12
 \$60 / Week

 M-F
 Mar 15
 1:00pm-4:00pm
 CNRC
 123127



Football Camp

Down, set, hut hut! Want to learn the basics of football? We will be learning catching, receiving, punting and more. This is a non-contact, instructional class.

Age: 6-12 \$60 / Week M-F Mar 15 9:00am-12:00pm HSRC 121273

Gymnastics Camp

Campers are taught rolls, headstands and cartwheels. Each camper will be able to progress as their confidence and ability improves.

 Age:5-12
 \$60 / Week

 M-F
 Mar 15
 1:00pm-4:00pm
 CNRC
 123123

Have a Ball Camp

Calling all sports enthusiasts: if you like playground sports, this is the camp for you! We will learn the art of Dodgeball, Kickball, Whiffle Ball, Four Square and Flag Football. Join the team!

Age: 5-12 \$60 / Week
M-F Mar 15 9:00am-12:00pm DLRC 121357



Camps

Indoor Soccer Camp

Learn to perfect ball handling and control, heading, shooting positions and offensive and defensive strategies.

Age: 6-12 \$60 / Week M-F Mar 15 9:00am-12:00pm EORC 120824

Rock Climbing

Campers learn basic rock climbing techniques before taking their first climb. Group activities are incorporated to build teamwork. This is a great way to build self-esteem and achieve physical fitness for kids at all levels.

Age: 6-12 \$60 M Mar 15 1:00pm-4:00pm EORC 125523



Soccer Camp

Learn to perfect ball handling and control, heading, shooting positions and offensive and defensive strategies.

 Age: 6-12
 \$60 / Week

 M-F
 Mar 15
 9:00am-12:00pm
 CNRC
 123124

 M-F
 Mar 15
 1:00pm-4:00pm
 DLRC
 121358

Volleyball Camp

Learn proper techniques in the important skills of serving, setting, passing, spiking, strategy and teamwork.

Age: 8-12 \$60 / Week M-F Mar 15 9:00am-12:00pm HSRC 121275

Preschool Camp

Sporties for Shorties Camp

Come spend some time with us! Explore a variety of different sports including soccer, basketball, gymnastics and t-ball. Games and crafts will round out your day of excitement.

Age: 3-5 \$47 / Week
M-F Mar 15 9:00am-11:00am DLRC 121360

Art Academy

Come spend some time exploring all things ooey and gooey about art. We will papier mache, finger-paint and create a lot of art to take home.

 Age:3-5
 \$47 / Week

 M-F
 Mar 15
 2:00pm-4:00pm
 CNRC
 123125













Destination Travel

More information on Destination Travel can be found on page 55.

Rocky Rail Highlights by Train

Presented by Collette Vacations

Canada by train! Come listen to a presentation on all of the amazing places we will visit and see the wonderful pictures of what the trip will entail. Our tour planner will be here to answer any questions. The trip will take place October 7-15, 2010.

Cost: \$3,199 / Double
Location: Depart from SRCE
Presented on: Jan 27, 1:00pm2:00pm

Heritage of America

Presented by Collette Vacations

Let's take a trip to the Heart of America. Our trip will take us to New York City, Philadelphia, Lancaster, Gettysburg, PA, Shenandoah Valley, Charlottesville and Williamsburg VA, and Washington D.C.

 Cost:
 \$2,549 / Double

 Location:
 Depart from SRCE

 Date:
 Apr 17-25, 2010

Are you looking for a great way to spend your time and give back to the community?

Join the Parks and Recreation Senior Volunteer Program. We need help with the following programs:

Teach Classes
Prime Time Lunch
Bingo
Friday Night Dances
Special Events and Birthday Parties

For more information call either of the Senior Centers.

Day Trips

Casino Trips

Visit various Casinos. You will receive an assortment of gaming packages upon arrival.

Choctaw Casino - Durant, OK

 Cost:
 \$10

 Location:
 SRCNY

 Day/Time:
 Jan 26, 8:00am-8:00pm

Harrah's Casino - Shreveport, LA

 Cost:
 \$15

 Location:
 SRCE

 Day/Time:
 Mar 23, 8:30am-8:00pm



Red Hat Trips

We believe silliness provides comedy relief for life and we share a bond of affection forged by common life experiences. Our official chapter name "The Arlington Day Dreamers" enjoy monthly outings or social events around the metroplex destinations or at the Senior Centers.

Macaroni Grill

Day/Time: Jan 20, 11:30am

El Chico

Day/Time: Feb 17, 11:30am

Omni Theater and Montgomery Tea Room Cost: \$

Location: SRCE Day/Time: Mar 17, 9:30am

Japanese Garden

 Cost:
 \$10

 Location:
 SRCE

 Day/Time:
 Apr 21, 10:00am



Trips

Join us as we explore DFW and other venues not far from home. Day trips depart the Senior Recreation Centers multiple times each month to various local attractions, eateries and special destinations. Complete trip information can be found at the Senior Recreation Centers.

6th Floor Museum – Kennedy Assassination Museum

 Cost:
 \$21

 Location:
 SRCE

 Day/Time:
 Wed, Jan 20, 9:00am

From the Mississippi Delta at Jubilee Theater Cost: \$20 Location: SRCNY Day/Time: Sun, Jan 31, 1:30pm

Granbury on the Square Shopping & Historical Trolley Tour

 Cost:
 \$20

 Location:
 SRCNY

 Day/Time:
 Thu, Feb 11, 9:00am

Fort Worth Museum of Science and History & Cowgirl Museum

 Cost:
 \$25

 Location:
 SRCE

 Day/Time:
 Tue, Feb 16, 9:00am

International Museum of Cultures and the Texas Fire Museum

 Cost:
 \$15

 Location:
 SRCNY

 Day/Time:
 Wed, Feb 24, 9:30am

Texas Ranger Museum & Dr. Pepper Museum
Cost: \$20
Location: SRCNY
Day/Time: Thu, Mar 11, 8:00am

Dallas Blooms

 Cost:
 \$18

 Location:
 SRCE

 Day/Time:
 Thu, Mar 18, 9:00am

Grapevine Vintage Railroad & Fort Worth Stockyards

 Cost:
 \$25

 Location:
 SRCE

 Day/Time:
 Thu, Apr 1, 11:30am

Ft. Worth Main Street Arts Festival

 Cost:
 \$10

 Location:
 SRCNY

 Day/Time:
 Fri, Apr 9, 10:00am

The Full Monty at Theater Arlington

 Cost:
 \$28

 Location:
 \$RCE

 Day/Time:
 Thur, Apr 15, 5:30pm

Senior Dance

Country and Western Dance Lessons

Join us for an afternoon of social dancing. Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and Line Dancing.

 Cost:
 \$10 / month

 Location:
 SRCE

 Day/Time:
 Wed, 2:00pm-3:00pm



Ballroom Dance Lessons

Join us for an afternoon of social dancing. Learn dances including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Meringue.

 Cost:
 \$10 / month

 Location:
 SRCE

 Day/Time:
 Wed, 3:00pm-4:00pm

Friday Night Band Dance

Live bands perform each Friday and theme dances occur frequently. Light refreshments are served.

 Cost:
 \$5 / dance

 Location:
 SRCE

 Day/Time:
 Fri, 7:00pm-9:30pm



Intermediate Line Dancing

Enjoy an afternoon of line dancing. This class is more advanced than a beginners' class, so come ready to challenge yourself.

\$3 / class Cost: Location: SRCE Day/Time: Fri, 1:30pm-3:00pm

Line Dance Lessons

Step-by-step method for learning fun dynamic line dances.

Cost: \$1 / class **SRCE** Location: Day/Time: Tue, 1:30pm-3:00pm



Wednesday Dance

Dance to Country Western, Big Band and other favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing.

Cost: **SRCNY** Location: Day/Time: Wed, 10:00am-11:30am





Merry Rounders

Round dancing on Monday nights has never been so fun.

Cost: Contact SRCE for more information Location: SRCE Day/Time: Mon, 7:00pm-9:30pm

Levi's and Lace

Square dance your Saturday night away!

Contact SRCE for information Location: SRCE Day/Time: 1st and 3rd Sat/month, 7:00pm-10:00pm

Music

Joyful Singing

Sing along to your favorite old time and new hymns.

Cost: Free Location: **SRCNY** Day/Time: Tue, 10:30am-11:30am

Kitchen Band

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring a harmonizing voice and any kitchen bowl and spoon to bang on. This group performs for special events in the area.

Cost: Location: SRCF Day/Time: Mon, 2:00pm-4:00pm

Music 101

Learn about the following from the most basic point of view: the STAFF, scale, notes, intervals, chords, chord construction, chord progression, melody, harmony, and meter. Instruments and class materials will be provided.

Cost: \$10 / month Location: SRCE Day/Time: Mon, 2:00pm-3:00pm

Ukelele Lessons

Join us on Mondays and learn to play the ukulele.

 Cost:
 Free SRCE

 Day/Time:
 Mon, 11:30am-12:30pm

Ukelele Band at SRCE

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukulele!

 Cost:
 Free

 Location:
 SRCE

 Day/Time:
 Mon, 12:30pm-2:00pm



Art

Craft Club

Knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed.

 Cost:
 Free

 Location:
 SRCE

 Day/Time:
 Mon, 9:00am-12:30pm

Watercolor Painting

Control the flow of color with water and discover different looks by using a variety of papers and painting techniques.

 Cost:
 \$28 / month

 Location:
 SRCE

 Day/Time:
 Mon, 1:00pm-4:00pm

WET Club

Watercolor Every Tuesday is a group that gets together each week to paint with friends. Join this group and share ideas and techniques on how to paint beautiful pictures. A relaxing environment to allow you to work at your own pace.

Cost:Paid to club leaderLocation:SRCEDay/Time:Tue, 9:00am-1:00pm

Oil Painting

Capture your favorite picture with paint. Learn the basics needed to create paintings you have always hoped to put on canvas.

 Cost:
 \$28 / month

 Location:
 SRCE

 Day/Time:
 Wed, 1:00pm-4:00pm

Stitch-N-Beads

Get new ideas for gifts as well as items to sell. Work independently on your own crafts while visiting with friends.

Cost: Free Location: SRCNY Day/Time: Thur, 10:00am-11:30am



Exercise

Cardio Fitness

Jump start your metabolism with advanced stretching weights and cardio exercise.

 Cost:
 \$10 / month

 Location:
 SRCNY

 Day/Time:
 Tue/Fri, 1:00pm-1:45pm



Exercise

A relaxing, highly effective workout designed to help reduce stress while working to rejuvenate and tone your muscles. This class uses low impact exercises to help you get and stay in shape.

Cost: \$10 / month SRCE Day/Time: \$000/Wed/Thu, 9:45am-10:30am

Parkinson's Support & Exercise

Class meets twice a week. Special program on the 2nd Monday of each month.

Cost: Free Location: SRCNY Day/Time: Mon 10:00am-11:00am, Thu 2:00pm-3:00pm

Pilates

Pilates focuses on core strength and stability. Our class will emphasizes working at a basic level while building a strong foundation to increase your core strength.

 Cost:
 \$10 / Month

 Location:
 SRCE

 Day/Time:
 Tue/Thu, 11:00am-11:45am

Strength Training

Light cardio with hand weights, exercise bands, poles and chairs.

Cost: \$10 / month Location: SRCNY Day/Time: Mon/Wed/Fri, 8:45am-9:30am

Tai Chi

Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Cost: \$12 / once a week or \$20 / twice a week Location: SRCNY Day/Time: Mon/Fri, 9:45am-11:00am

Weight Room Class

Learn how to use the exercise room at SRCE in a fun class setting. Free weights, cardio equipment and proper use of machines will be taught.

 Cost:
 \$10 / month

 Location:
 SRCE

 Day/Time:
 Mon/Wed, 10:30am-11:15am



Yoga Class

Diminish stress and bring your mind, body and soul together. Notice a difference in your breathing and the way you relax.

 Cost:
 \$10 / month

 Location:
 SRCE

 Day/Time:
 Mon/Wed, 8:45am-9:30am

Zumba Gold

A fusion of Latin/International music and dance themes such as salsa, tango, belly dancing and much more. Fitness has never been so much fun!

 Cost:
 \$40 / 10 classes

 Location:
 SRCE

 Day/Time:
 Tue/Fri, 9:30am-10:15am

Arthritis In Motion

This program, offered by certified instructors in partnership with the local Arthritis Foundation Chapter is designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance.

Cost: \$18 / month Location: Cliff Nelson Recreation Center Mon/Wed, 9:30am-10:15am



Strength Training Plus

Increase your cardiovascular fitness level with nonimpact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Cost: Fitness Plus Membership required Cliff Nelson Recreation Center Mon/Wed/Fri, 8:15am-9:15am

Senior Exercise

Group exercise including flexibility, balance and strength done to big band and swing music. Learn proper technique in use of free weights, bands and tubes.

Cost: \$10 / month
Location: Dottie Lynn Recreation Center
Day/Time: Tue/Thur, 8:00am-9:00am

Senior Cardio at Cliff Nelson

Senior Cardio at Cliff Nelson Recreation Center.

Cost: Fitness Plus membership required Cliff Nelson Recreation Center Mon/Wed/Fri, 8:15am-9:15am

Health and Wellness

Health and Wellness Expo

Come to our annual expo to find out everything you would like to know about Senior Health Care in the area. Learn about the latest in alternative healthcare options, herbs and vitamins, retirement options, and even get your blood pressure or cholesterol checked.

 Cost:
 Free

 Location:
 SRCE

 Day/Time:
 Fri, Apr 30, 9:00am-1:00pm

Blood Pressure Check

Free blood pressure checks on the first and third Wednesdays of the month on a first come, first serve basis.

 Cost:
 Free

 Location:
 SRCNY

 Day/Time:
 Wed, 11:15am-12:00pm

8th Annual Health & Wellness Expo



Gather up the family; this event is for everyone.

Come to our annual expo to find out everything you would like to know about Senior Health Care in the area. Learn about the latest in alternative healthcare options, herbs and vitamins, retirement options, and even get your blood pressure or cholesterol checked.

Activities will include health screenings, spinal screenings, massages, bone density screenings, Yoga and Pilates demonstrations, beauty and food demonstrations, blood pressure check, balance test and information on strokes and cholesterol. Some tests may have a small fee and may be subject to change. For more information, call 817-277-8091.

Cost: Free Location: SRCE

Day/Time: Fri, April 30, 9:00am-1:00pm



Drop in Activities

Supper Club

Check monthly Senior Center calendars for complete list of restaurants. RSVP to SRCNY.

Cost: Free Location: Varies Day/Time: 2nd Tue/month, 5:00pm at restaurant location

Advanced/Competitive Bridge

Play cards and visit with some of the best people in the metroplex.

Cost: Free Location: SRCE Day/Time: Mon/Tue/Wed/Fri, 1:00pm-3:30pm



Beginner/Recreational Bridge

Recreational bridge class for beginners to learn how to play the game.

Cost: Free Location: SRCE Day/Time: Thur, 1:00pm-3:30pm

Room Rental

For room rental information turn to page 78.

Billiards at SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

 Cost:
 Free

 Location:
 SRCE

 Day/Time:
 Mon-Fri, 8:30am-5:00pm

Darts at SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Cost: Free Location: SRCNY Day/Time: 8:00am-4:00pm

Card Games

Crave a little competition? Join us on Tuesdays for some fellowship while playing card games.

Cost: Free Location: SRCNY Day/Time: Tue, 9:30am-4:00pm

Fitness Walking

Come join us for a great morning exercise. A group meets to walk in the mornings to get their blood flowing.

 Cost:
 Free

 Location:
 HSRC

 Day/Time:
 Mon/Wed/Fri 8:00am-8:30am

Games Night

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and other games. Bring snacks to share. Coffee is provided.

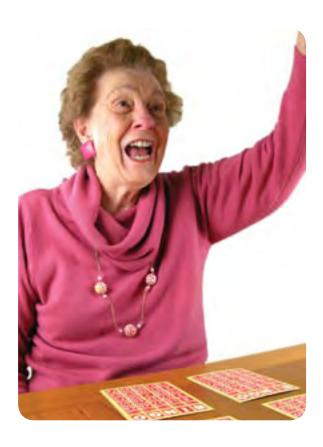
Cost: Free Location: SRCE Day/Time: Mon/Thur, 5:30pm-9:30pm



Potluck Bingo

Join in the fun at potluck Bingo! Dinner starts at 5PM and Bingo is played following dessert! In addition to bringing a potluck dish, bring a gift that does not cost more than \$2 in a brown bag for a bingo prize.

Cost:FreeLocation:SRCNYDay/Time:4th Tue, 5:00pm-8:00pm



Helping Hands Food Pantry

Join us for the Prime Time lunch five times and the Prime Time breakfast three times within a month and you can sign up to receive groceries. Spaces are limited and on a first come first serve basis.

 Cost:
 Free

 Location:
 SRCNY

 Day/Time:
 Fri, 8:00am-12:30pm

Movies

Spend the morning sitting back and enjoying a bag of popcorn and a nice cold drink while watching a great movie. Look for the monthly calendars to see what's showing.

 Cost:
 Free

 Location:
 SRCNY

 Day/Time:
 Fri, 9:30am-11:30am

Bingo in The Afternoon

Bring non-perishable grocery items for bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

 Cost:
 Free

 Location:
 SCRNY

 Day/Time:
 Tue, 3:00pm-5:00pm

Super Bingo

Bring non perishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free Location: SRCNY Day/Time: 3rd and 5th Fri, 10:00am-11:30am

Prime Time Lunch

Join us for lunch with great conversation and fun games. Senior Citizens Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - 817-460-5009. Lunch will not be served Apr 12, May 25, and July 4.

Cost: \$2 donation
Location: SRCNY
Day/Time: Daily, 11:30am-12:30pm

Get Out! Get Active! Get Stamped!

Pick up your Arlington Passport today. See page 74 for program details.





Education

55 - Alive

Need a discount on your auto insurance? You can save up to 10% depending on your insurance carrier. Books, videos and participant interaction make the classes go by quickly. \$12 fee payable to AARP for AARP members and \$14 for non-members. Additional administrative fee of \$2 for facility members and \$5 for non-members.

Location: SRCE Day/Time: Thu and Fri, 1:00pm-5:00pm



Internet 101

The World Wide Web is a vast virtual ocean with a myriad of wonders and dangers. Learn how to customize your browser for optimal performance, how to look up information, and how to troubleshoot minor connection problems. Protect yourself by learning how to cover your tracks from identity thieves, reduce spam, identity spoofing, and other similar types of scam.

 Cost:
 \$35 / month

 Location:
 SRCE

 Day/Time:
 Tue/Thur, 12:00pm-1:00pm

Check out the Craft Club display cases at both Senior Recreation Centers



Become confident and self-sufficient with computers once and for all. Learn what you really need to do, daily computer functions, avoid and solve problems, reduce dependence on others, and communicate effectively! Topics include standard keyboard and mouse procedures for text editing, saving and opening files, loading and exiting programs, navigating menus and toolbars and manipulating icons, windows and other graphical objects.

 Cost:
 \$35 / month

 Location:
 SRCE

 Day/Time:
 Mon/Thur, 5:30pm-6:30pm



Education Sessions

Representatives from community organizations present free educational materials targeted for the mature adult. Check monthly calendars for topics.

2010 Census What to expect, reasons for the census, and how you can help.

Location: SRCNY Day/Time: Jan 7, 10:30am-11:30am

Long Term Care Informational Seminar Presented by Edward Jones

Location: SRCNY Day/Time: Feb 4, 10:00am-11:00am

Improve Your Memory
Presented by Arden Courts of Arlington
Location:
SRCNY
Day/Time:
Mar 25, 10:00am-11:00am

Nurse Educator to Talk on Services Provided By JPS Health Network

Location: SRCNY Day/Time: Apr 22, 10:00am-11:00am



Celebrations

New Year's Eve Dance

Ring in the New Year with us in style! Refreshments and party favors will be provided. Purchase your ticket from a Sr. Advisory Board member or at the door for this annual event. This is the one big fund raiser for the Sr. Advisory Board whose proceeds help benefit the Senior Recreation Centers.

 Cost:
 \$15

 Location:
 \$RCE

 Day/Time:
 Thu, Dec 31, 8:00pm-12:00am

Senior Variety Show

Come enjoy an evening of fun at this year's Variety Show. Talent will range from musicians, dancers, to a possible stand up comedian - no act is too small! All ages are welcome to attend this wonderful event. Contact the Senior Recreation Center to participate.

 Cost:
 Free

 Location:
 SRCE

 Day/Time:
 Tue, Feb 23, 7:00pm-9:00pm



Shades of Green

This is our annual St. Patrick's Day Celebration, so sign up early so you can come to our get together. We will provide light refreshments.

Cost: Free Location: SRCNY Day/Time: Thu, Mar 18, 10:00am-11:30am

Informational

Senior Advisory Board

Join the Senior Advisory Board and help make great changes and raise money for the senior centers! Meetings are held quarterly and locations alternate between SRCE and SRCNY. See monthly activity calendars for locations.

Cost: Free Location: Alternates between Senior Centers Day/Time: Wed, 3:30pm-4:30pm



Organizations

Organizations

NARFE

The National Association of Retired Federal Employees meets the 3rd Monday of each month at 9:00 am at SRCE.

Oletimer's

Arlington natives meet on the 3rd Thursday of each month at 2:00 pm at SRCE.

RSEA

Retired School Educators of Arlington meet on the 3rd Tuesday of each month at 2:00 pm at SRCE. (Does not meet June – August)

Senior Men's Club

Meetings are held on the 2nd Wednesday of each month at 10:00 am at SRCE.

Senior Men's Golf

Meetings are held on the 1st and 5th Thursday of each month at 1:00 pm at SRCE.

Arlington Low Vision Support Group

Meetings are held on the 4th Wednesday of every other month at 11:00 am at SRCNY.



Senior Recreation Center Eunice					
Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am	*Yoga		*Yoga		
9:00am	*Craft Club NARFE Mtg. (3rd Mon)	*WET Club			
9:30am		*Zumba Gold		*Exercise	*Zumba Gold
9:45am	*Exercise		*Exercise		
10:00am			Men's Club Meeting (2nd Wed)		
10:30am	*Weight Room Class		*Weight Room Class		
11:00am	Ukelele Lesson	*Pilates		*Pilates	
12:00pm		*Internet 101		*Internet 101	
12:30pm	Ukelele Band				
1:00pm	*Watercolor Painting Bridge Adv/Comp	Bridge Adv/Comp	*Oil Painting Bridge Adv/Comp	*55-Alive (1st Thu) Senior Men's Golf (1st Th) Bridge Beg/Rec	Bridge Adv/Comp
1:30pm	*Intro to PC	*Line Dance	*Intro to PC		*Intermediate Line Dancing
2:00pm	Kitchen Band *Music 101	Retired Teacher Assn. (3rd Tue)	*Country and Western Dance Lessons	OLE Timer Meeting (3rd Thu)	
3:00pm			*Ballroom Dance Lessons		
3:30pm			Sr. Advisory Board (2nd Wed)		
5:30pm	Game Night			Game Night	
7:00pm	Merry Rounders				Friday Night Dance



Monthly Calender

Programs and Classes - Facility Card Required

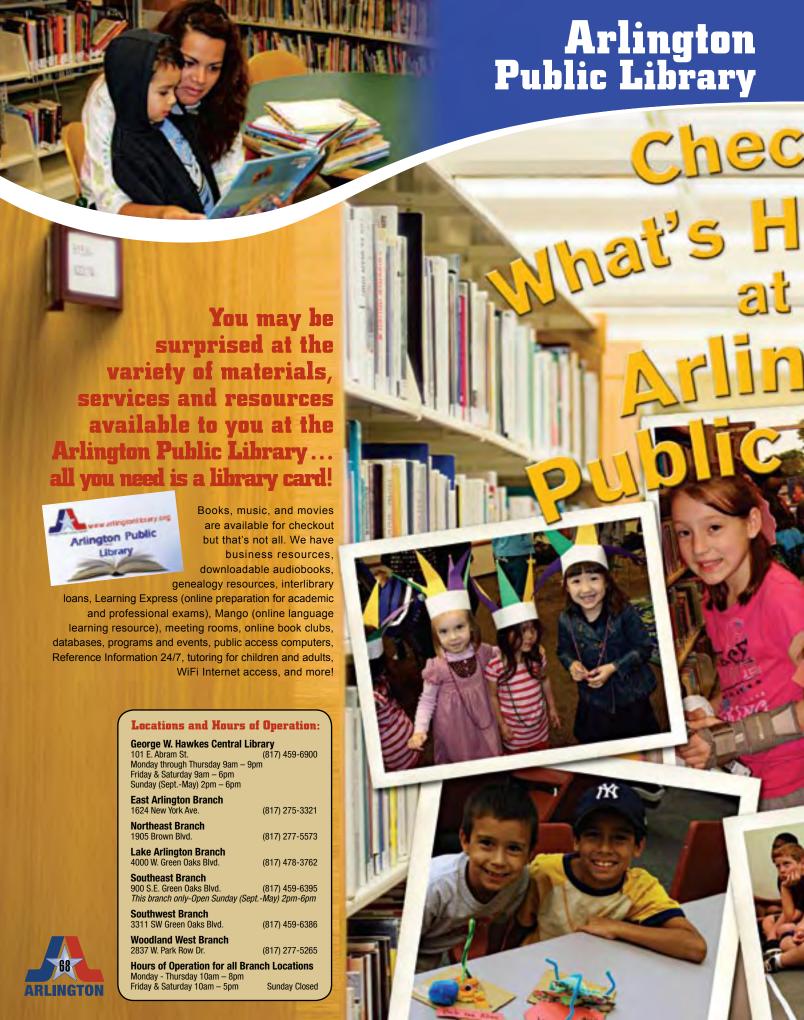
Senior Recreation Center New York					
Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Fitness Walking		Fitness Walking		Fitness Walking
8:45am	*Strength Training		*Strength Training		*Strength Training
9:30am					Senior Movies (1st Fri)
9:45am	*Tai Chi				*Tai Chi
10:00am	Parkinson's Support & Exercise	Games	Wednesday Dance	Stitch 'N' Beads	Friday Super Bingo (3rd & 5th Fri) Birthday Parties (4th Fri)
10:30am		Joyful Singing			Food Pantry (2nd Fri)
11:15am			Blood Pressure Checks (1st and 3rd Wed)		
11:30am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation
1:00pm		*Cardio Fitness		*Cardio Fitness	
2:00pm				Parkinson's Support & Exercise	
3:00pm		Afternoon Bingo (1st Tue)			
3:30pm			Sr. Advisory Board (2nd Wed)		
5:00pm		Pot Luck Bingo (4th Tue) Supper Club (2nd Tue)			

^{*} Prices listed in class descriptions on previous pages.

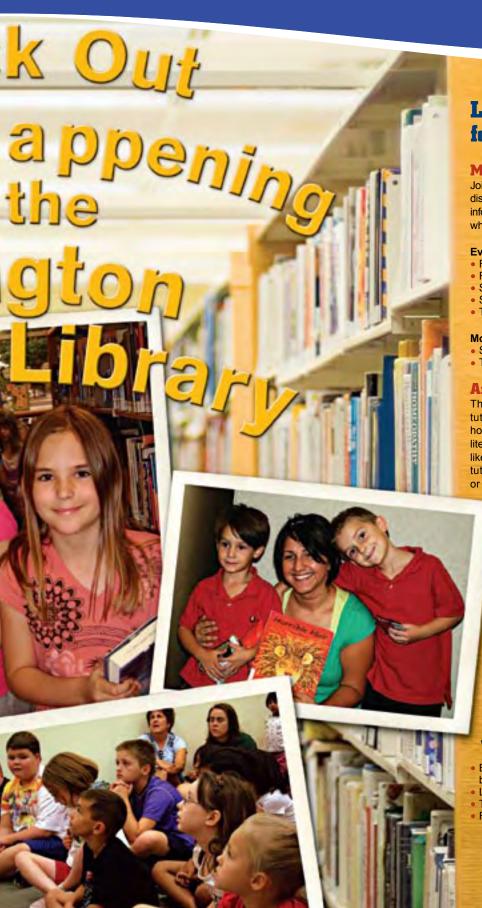
Transportation

Handitran is a transportation service for seniors and citizens with disabilities. Call 817-459-5390 for rates and information or 817-275-3704 to schedule a ride. Available to qualifying Arlington and Pantego residents.





www.arlingtonlibrary.org



Library Events for All Seasons

Monthly Book Clubs for Adults

Join one of these reading groups for lively discussions of a variety of books. For more information, please call the library location(s) where you would like to participate.



Evening Book Clubs:

- First Tuesday, Woodland West Branch, 7pm
- First Thursday, Lake Arlington Branch, 6:45pm
- Second Tuesday, Northeast Branch, 7pm
- Second Thursday, Southwest Branch, 6:45pm
- Third Thursday, Southeast Branch, 7pm

Morning Book Clubs:

- Second Wednesday, Southwest Branch, 11am
- Third Wednesday, Woodland West Branch, 11am

Arlington Reads

The Arlington Public Library's literacy center provides tutoring and literacy-related programming, including homework help for 1st – 3rd grade students and basic literacy, ESL, and GED assistance for adults. If you would like more information about becoming a student or volunteer tutor for children or adults, please call 817-275-3321 or visit www.arlingtonreads.org.

Teen Arts Underground!

A space where teens ages 13 to 18 can create digital, literary and visual arts. The Studio is located on the basement level of the George W. Hawkes Central Library. Regular Studio hours are: Monday-Thursday, 3-9pm Friday, 3-6pm Saturday, 9am-6pm

Sunday, 2-6pm

Story time Schedule

Each Arlington Public Library location offers a variety of free story times that include stories, rhymes, finger plays and/or songs. Children and parents may attend at any library location. Day cares and other large groups are welcome, but please call first. For specific times and locations, please call the library location where you would like to attend.

- Bouncing Babies for parents and their children birth to 2 years old
- Listener Story time for children 3 to 7 years old
- Toddler Time for children 2 to 3 years old
- Family Story time may include a craft





Photo Contest







Passport





With Passport Arlington, you'll have a Naturally Fun time learning about Arlington's Parks and Recreation Department and Libraries!

Your City of Arlington passport rewards you for getting out and being active. Collect stamps as you visit the many parks and libraries, participate in events and learn more about your city. The passport includes discounts to park programs, events, golf, tennis and more.

So pick up a passport today and spend some quality time with family and friends touring this incredible place called Arlington, Texas. We know you will have a Naturally Fun time!

Passports - \$10 each
(available for purchase at Recreation Centers,
Libraries and the Parks Administration Building).

For more information on Passport Arlington, visit



or call 817-459-5474.

Naturally Fun Neighborhoods



Building Strong and Safe Neighborhoods Through Recreation

Get ready for some family fun as the next Naturally Fun Neighborhoods event will be the Tents and Tales Campout at River Legacy Park! This overnight event will feature a Tent Decorating Contest, Movie Time, Campfire Sing-along, S'mores and Sleeping Bag Story Time. Children under 2 are FREE!

Don't have a tent? That's okay! Tents are available for rental.

4:00pm-7:00am

Ages: 2 and up

Cost: \$10

Mar 5

River Legacy Park



Check ** Waturally Funorg for announcements about additional events.







Park Volunteers



Living Tree Memorial

The Living Tree Memorial program is based on the idea of planting trees to commemorate loved ones that will enhance the beauty of our community parks for years to come.



Brick Memorial

The Brick Memorial program is based on the idea of using engraved brick pavers to honor others that will be a permanent fixture in the community. Brick Memorials are available at Tails 'N Trails (R.U.F.F.), Heroes' Park, Meadowbrook Sculpture Garden and Veterans Park.

Honor Family Members and Friends by Donating a Park Bench, Tree or Brick!

Looking for a unique way to honor someone? Why not donate a park bench, tree or brick to pay tribute to your family members and friends! Our Memorial Bench, Living Tree Memorial and Brick Memorial programs are the perfect way to honor loved ones and commemorate special occasions.

For more information on donating park benches, trees or bricks, call 817-459-5474.

Memorial Bench

The Memorial Bench program is based on the idea of allowing our community to pay tribute through the dedication of a bench that will bring pleasure to visitors throughout its lifetime.

ARLINGTON





Park Pavilion Rentals

The City of Arlington Parks and Recreation Department has picnic pavilions available for reservations in many parks. Rental prices will vary depending on the size and location of the pavilion as well as the size of your group. Reservations may be made a minimum of one week in advance or up to one year prior to the date of the event. For information or to reserve a park pavilion, please call 817-459-5473.





for indoor pool rental information and fees.



Looking for the perfect place to have your next gathering?

Then check out all the facilities that Arlington Parks and Recreation has to offer!

We rent recreation centers, meeting rooms, gymnasiums, senior centers, park pavilions, tennis courts, swimming pools, banquet rooms, golf courses, softball fields, a skating arena, rock climbing wall, lake room and many other facilities!



Lake Arlington

Planning an event? The Lake Arlington Activity Room is the perfect place for many events such as wedding receptions, reunions, parties, meetings and more! The climate controlled room comfortably holds up to 75 people and includes tables, chairs, restrooms and a kitchen.

Full Day (9am-11pm) \$200

Half Day (9am-4pm or 4-11pm) \$125

Deposit - \$100 (the deposit is refundable if the room is

left clean and undamaged)

For information on renting the Lake Arlington Activity Room, call 817-459-5474.







Come experience the perfect venue for affordable luxury!

Weddings and Receptions Special Occasions Business Meetings and Seminars Quinceañeras

Accommodates up to 500 guests
Outside food & beverage allowed
Catering list available
Event planning staff
Complimentary parking
Wedding Packages
and much more!

Bob Duncan Center, 2800 S. Center St., Arlington, TX 76014

817-465-6661 www.bobduncancenter.com







PARTY ON THE PATIO IS BACK IN 2010

WITH MORE GREAT MUSIC, FOOD AND FUN

This event will be held the fourth Friday from April through October. Updated listings at ventanagrille.com.



We invite you to enjoy a unique dining experience in a casual, comfortable setting surrounded by the beauty of Tierra Verde Golf Club.

Ventana Grille at the Tierra Verde Golf Club 7005 Golf Club Drive, Arlington, TX

817.548.5047 www.ventanagrille.com Open Sunday - Wednesday 6:30am-9pm Thursday - Saturday 6:30am-10pm

Serving breakfast, lunch and dinner Sunday Brunch served 10 am - 2 pm.







Mail Stop 05-0100 Arlington Parks and Recreation P.O. Box 90231 Arlington, TX 76004-3231



